

# SOLITARY BASICS

## **LET'S GO! SLOWLY, SLOWLY**

The governor of my prison wouldn't let me out, so to help demonstrate the exercises we've got the lovely Storm. Storm comes from a solid and stable training background so you're in safe hands.

You've warmed up and stretched, and here you are. Let's now get down to some serious workouts, but slowly, slowly. Don't want you pulling a muscle and giving yourself an excuse to have a rest, do we now? If you've just had a meal then allow at least two hours for it to digest before doing any exercise.

It is important to remember that during the digestion process a lot of blood is working around your stomach and intestinal area. Later on we'll go into the diet side of things. Don't mix the word 'diet' up with 'rabbit food': eat too many carrots and you become a rabbit or look like the Tango man! A word of warning, the beta-carotene from



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carrots actually makes your skin go orangey coloured but only if you eat lots and lots of them. Pulling the blood into other areas, away from the stomach, is what can also give you a blackout, as well as the feeling of nausea ... Yuck! Don't mix this nauseous feeling up with the one you might get as you advance through the stages in this book when you're at peak physical output. These are the exercises I need you to work on in this chapter – pretty easy, eh?

### EIGHT BASIC, BUT IMPORTANT EXERCISES

- |   |                   |
|---|-------------------|
| 1. Handstand press-ups (more on this one later) | 5. Squat-thrursts |
| 2. Normal press-ups                             | 6. Burpees        |
| 3. Sit-ups                                      | 7. Star jumps     |
| 4. Squats                                       | 8. Step-ups       |

**Drink plenty of non-fizzy fluid during exercise – sip, don't gulp!**

Start off by seeing if you can do ten of each of the listed exercises, except for the handstand press-ups (at this stage you may not have the muscle strength and you could get injured). We'll work on those a little later on: practice makes perfect! Remember that a handstand press-up is very difficult. You are in effect pushing the weight of your whole body off the ground by the use of your shoulder muscles, while seeing things upside down.

Now if you don't know how to do each of the exercises properly simply because you don't know what the actual exercises are, I don't want you to feel stupid. Look, if you were learning to play the piano from scratch, no one would expect you to know what a metronome is used for (more on this later), so steady does it.

For the ladies who are following this fitness regime,



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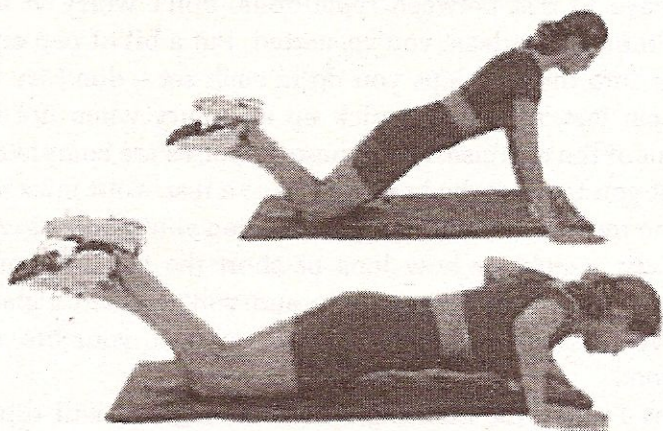
please don't be put off by what you might consider to be male-orientated exercises. Instead of doing a full press-up, start in the position below and just use your arms. Remember not to lock your elbows out at the top of the movement – it strains the elbows. In time you'll be able to do strict press-ups, so go for it!

A slightly varied style of press-up puts less stress on the lower lumbar area of the back but it still requires concerted effort for each slow and deliberate rep. Push out ten and rest!





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### WHAT ARE SETS AND REPS?

We call the repetitions of an exercise a 'set', rather like playing tennis, I suppose ... Not that a game of tennis appeals to me in the size of cell I'm in! Do ten repetitions (reps) of each of the listed exercises as best you can, have a break in between each set, but always try to complete a set.

So, you do one set of ten reps per listed exercise ignoring the handstand press-ups at this stage. This means that by the time you get to the last exercise in the list you will have completed seven mixed sets x ten reps. This is pretty moderate for a beginner but sufficient to test your ability. By the end of set seven you will have done 70 repetitions. A set can contain any amount of reps from one to a million, but, for now, just stick to ten reps per set.

Do each exercise deliberately and strictly, no cheating now. What's the point of cheating? I mean, you're not cheating me, I can't see what you're doing from where I am. But, if you do cheat, then remember it's only yourself you're cheating and not me, Bronco! No matter how long it takes you to do each set, do them the best you can. Even if



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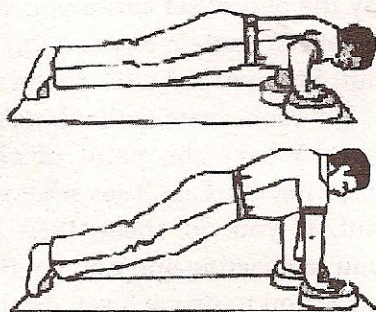
you have to rest between repetitions, don't worry, it all takes time and at least you've started. Put a bit of pep and vigour into the first reps you do in each set – don't try to do them fast, as you can pick up an injury when not in control of the exercise. Once these exercises are completed I want you to close the book and have a rest. Your muscles need to recover and will only do so when you're resting. As they say, no matter how long or short the journey, each journey starts with a single step and you've taken a giant step by deciding to put the fitness back into your life, so feel good.

Now I know the budding Arnies among you will think I'm having a laugh, you'll be thinking that this is nothing but a rip-off – a few press-ups and few other basic exercises: fine! So, go back to the stinking sweaty gym and pump some more iron, or to your fancy workouts while guzzling gallons of liver- and gut-rotting muscle-building drinks. But, as they say, a quitter never wins and a winner never quits.

### PRESS-UPS

Now my favourite: the good old-fashioned press-up – I swear by them. Over the years, I have probably done billions of them, but each session gets better. Basically, with a press-up it's all in the technique.

We all have our own little ways! To the right is a method that allows your chest to go nice and slowly a little further to the floor. Use books or chairs to rest on, or anything you can get your hands on to allow





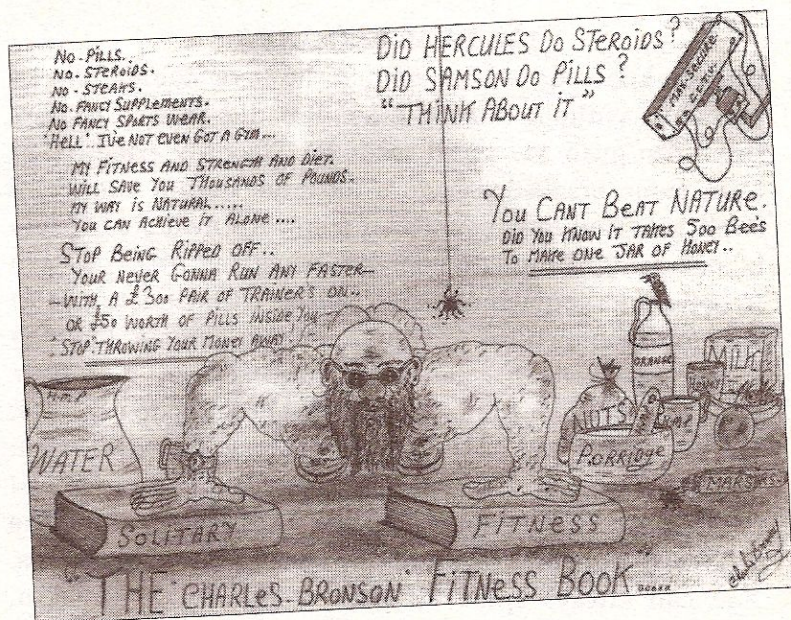
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your chest to go further and further down. But make sure whatever you lean on is solid and will not slip away as this is dangerous. Vary the press-up so that your elbows bend out to the sides and slightly behind your shoulders: this hits different parts of your chest and ties your chest muscles into your shoulders.

My way is fast, but in control. I love to pump 'em out like an Uzi submachine gun! My press-ups are legendary, behind the wall, but I don't expect you to blow out 100! So, when you hear I do 3,000-6,000 a day, please don't panic coz I have built it up over many years of solitary - it's a wonder I've not worn my arm joints away!

## PUMP, BLOW AND EXPAND

My press-ups vary - I do all sorts: wide (arms outstretched), narrow (arms in), I do one-handers, I even





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do handstand ones. I do the clapping ones, but all you gotta do at this stage is the normal one. No excuses, so come on! A good way to begin is by doing the ten I'm asking you to do. So what does it do and how will you benefit? It benefits your chest, shoulders, arms and, wait for it, your lungs plus your heart. Your heart pumps, your lungs blow and your chest expands ... Your shoulders and arms get strong – it's bloody lovely, it's the buzz! I'd say it's the same as a junkie gets with his shot in the vein, but this shot remains whereas the junkie's don't! Your shot is pure adrenalin – it's the drug in your body, it's the greatest feeling you'll get! You wait till you're pushing press-ups in their tons! You wait till you feel the flow in your body and the lightness in your head! I'm giving you something money can't buy: total and utter supreme fitness beyond your expectations.

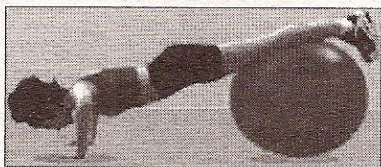
### 132 IN 60 SECONDS

Did you know the average man in the street couldn't do 15 press-ups without turning blue? But did you also know that I can push 132 in 60 seconds? They say a light man (nine-stone bracket) can do a lot more than a large man (well, you find him, coz it's all crap). All men are capable of such feats of strength and endurance, but first you have to believe in yourself and your ability will come to you as sure as darkness turns to light. I'm not superman, I'm man – flesh and blood – but I have worked on it, I have perfected it to precision. You may not build up to my level, but I'm telling you now, you can achieve your own level; it's in you to do it, it's in us all – strive for your own goals!

When I'm lucky enough to have a fellow con out in the yard with me I let him sit on my back and I do press-ups. You can always spice up your workout, so have fun,



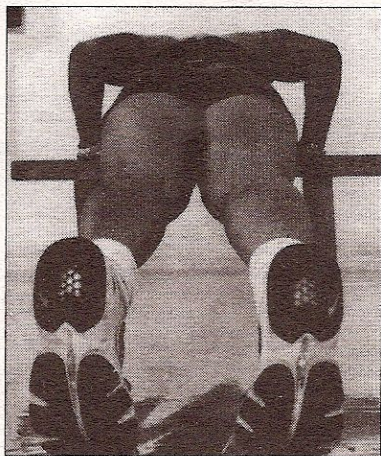
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enjoy it! But even alone, like me, you can enjoy it, have a laugh! It's great to do, it's brilliant to push yourself to the limit. Press-

ups, I truly swear by them – it's almost a religion to me.

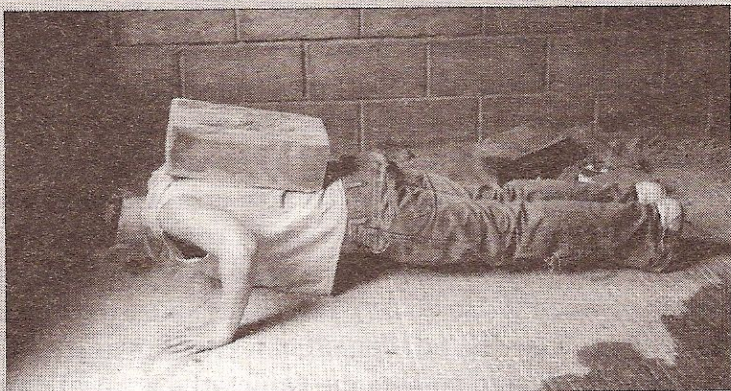
Imagine there are poisonous snakes beneath you as you do it and you'll soon push them out! Also, remember a press-up is chest to the floor, then arms just about rigid, nearly straight – no half press-ups with me: if you're gonna do it, then do it right. No half-hearted attempts or you may as well sit on your fat lazy arse and stuff your face with cream buns! Take it serious coz this exercise is your number one to enjoy. For a good pump-up, use two blocks of wood (I use books). Put your feet on the blocks: this way, you get the full benefit of a press-up as it's pure strength. Hey, could you see the Arnies of the world doing so many press-ups? We don't need anything or anybody; so let's get it done! Now come on, give me ten! Absolute beginners will feel useless but the fact is the average man in the street can't do ten press-ups in the proper way they are supposed to be carried out, arses moving up and down, but no pumping arm movement. Get that chest touching the ground under-neath you: don't lock out at the top coz that gives you an itsy little rest and it's cheating yourself out of the goods you're working to get.





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Jamie O'Keefe's two sons have been good enough to demonstrate four of my exercises for you all to see. I swear by these four. They are also so simple to do! You can do them anywhere, any time you choose, and it's a great way to relieve tension or stress. Sure you can always have a wank to relieve tension, but why

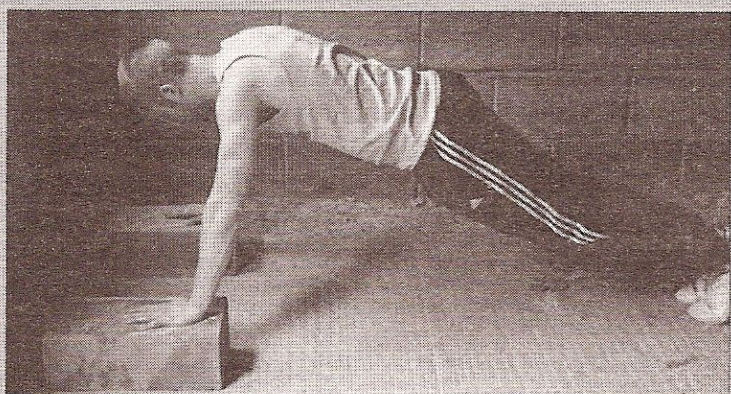
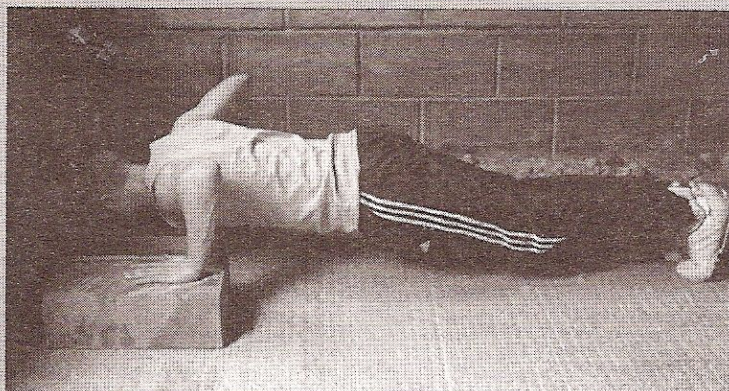


You can do all sorts of press-ups, with weights on your back, bricks, slabs of concrete, even people. You can also have a lot of fun doing it. I've done it with three people on my back, and guess what ... it cost nothing! My way is the happy way!



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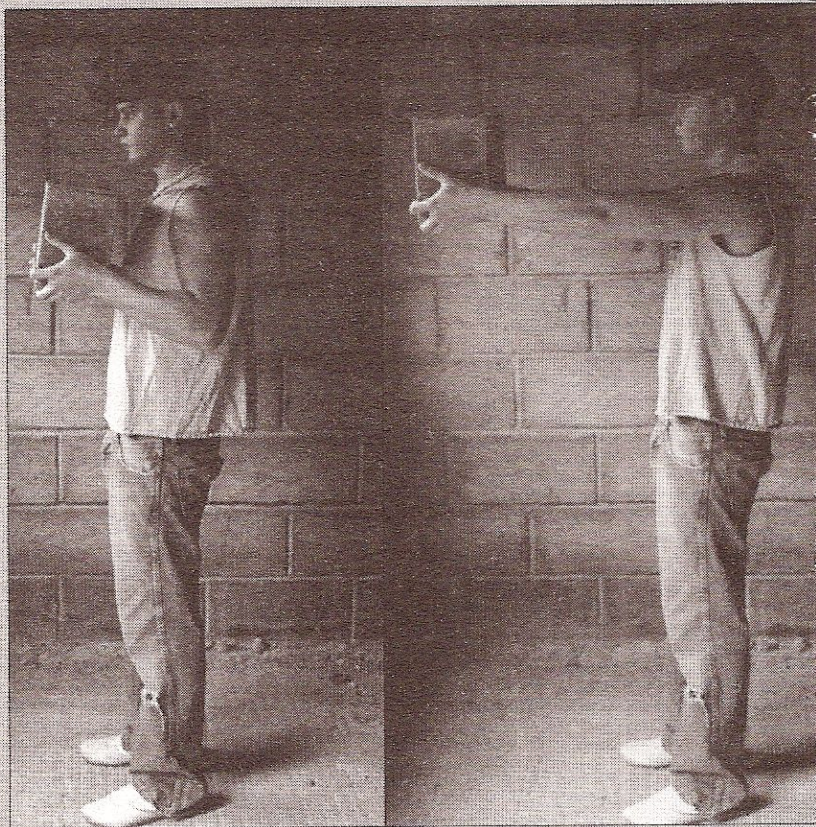
**be a wanker when you can be a super-fit person! All that wanking will drain your energy. Remember, everything is within your mind. The mind is the most powerful weapon you ever have. Use it to your best interest – use it to win. Live and die a winner!**



**Another great way to do press-ups. This way you get the full benefit. The slower the better. I normally use library books or a cell pipe. I've even done it on eggs ... yes, real eggs! My party trick.**



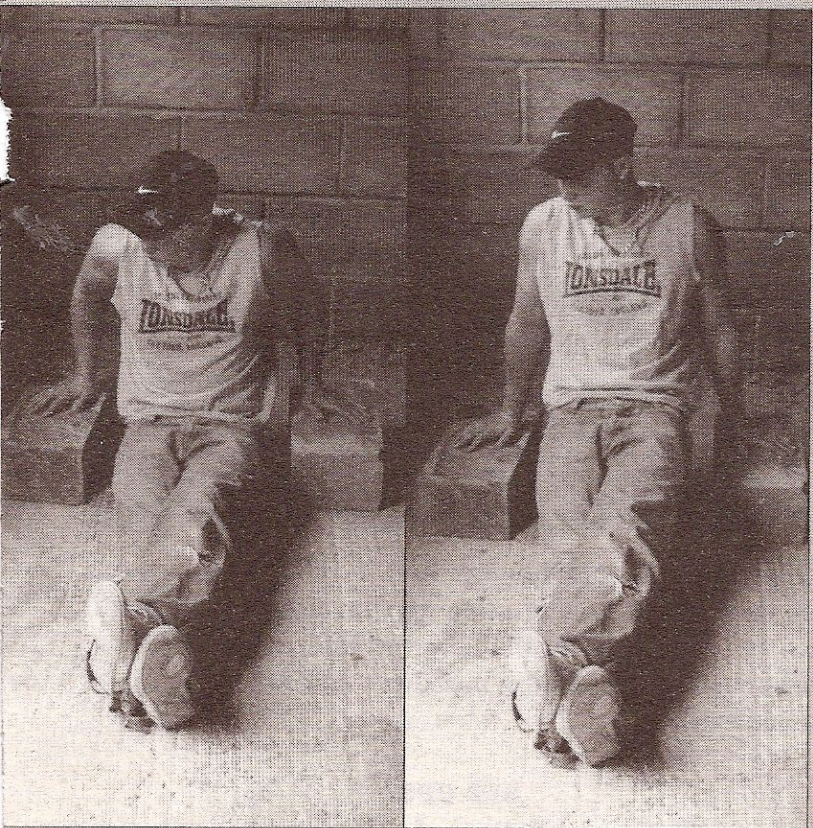
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**This is a blinding exercise. You can use anything, even a chair. I used to do this one holding my son Mike when he was two years old! He's 35 now, so I don't think I'll try it again! Remember, it's not about speed – all these exercises should be done slowly, using lots of control. This one is pure dynamic tension. I guarantee a month of these and you'll put two inches on your chest. I do 100 with a chair. After 100, you'll have a puddle of sweat on the floor – it's brilliant.**



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**You can do dips on anything. But make sure you're in full control. The slower the better. Do them an inch at a time. Stop. Then another inch. Get the full burn up and enjoy it. Remember you are doing it for yourself, so do it right. Don't mess about, push them out. Lubbley jubbley.**



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If all else fails and you still find it difficult to push one out, then do the type of press-up shown here, which still hits the upper part of the chest as well as the shoulder. Remember, nice and slow, and don't lock out at the top of the movement.

### SIT UPS

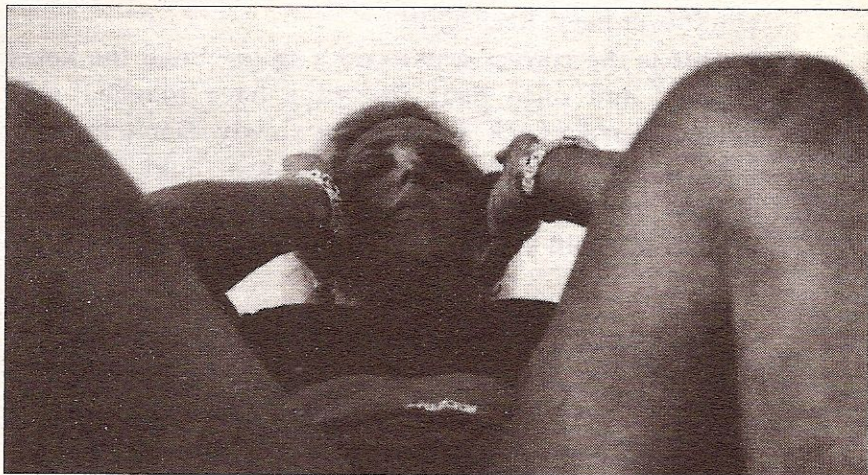
There are dozens of variations of sit-ups, but basically they all do the biz. My favourite is 'the crunches': feet on chair, hands on back of head, and go! To start off you won't do 20 (it hurts). It pulls your muscles; you'll love it, the pain – you have to hurt. But later, you'll feel so good! I ask you, how will you be if someone punches you in the stomach? Well, isn't it nice to be able to smile and say, 'Err ... can't you hit any harder than that?' Your belly (abdomen) is your centre: if you harden up there, it will take you through a lot of problems later.



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Let me explain to you all now that if you neglect your mid-section you are liable to health problems, such as obesity or cancer of the gut or colon, etc., later in life. Wait till you get to the Solitary Cleanse chapter! I swear by sit-ups: it maintains the posture, it keeps the insides firm and in good order, and it helps bowel movement! Sit-ups are the most essential exercise. Think about it, it's bloody obvious why!

At 40-plus, most men and women start to droop – look at their bellies and arses! It's because they have neglected their mid-section. They have lost what stomach muscles they had and it's just fat and flab, and it not only looks ugly, it's unhealthy, too. But they should never have let it go. What are a few sit-ups in the morning or at night? What excuse is there? It's laziness again, sod it! I think fat people should actually be shot – they are repulsive to look at. If your pet dog got so fat, you might have to have it put down for health reasons. Do your sit-ups, you lazy bastard! Stop making excuses! Do them slow, feel the tension, feel



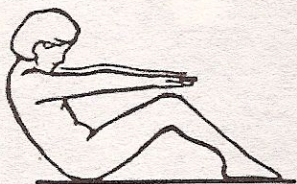


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the ripping and pulling of tissues inside. Feel the pain, feel the sweat run down your face. Scream, laugh or cry, just get them done. Enjoy it! Do it to music, do it in the dark, do it in the nude, do it how you want to do it, just do it and stop being a fat, lazy git! Be proud of your body, it's the only one you'll ever have. Respect it!

This is the correct way to do a sit-up. Bend the knees slightly, and once your fingertips have touched your knees, then go back down again slowly. Don't lie fully back down. After finishing the sit-ups, hold your legs against your chest for the count of ten and see how much it takes the pain away.



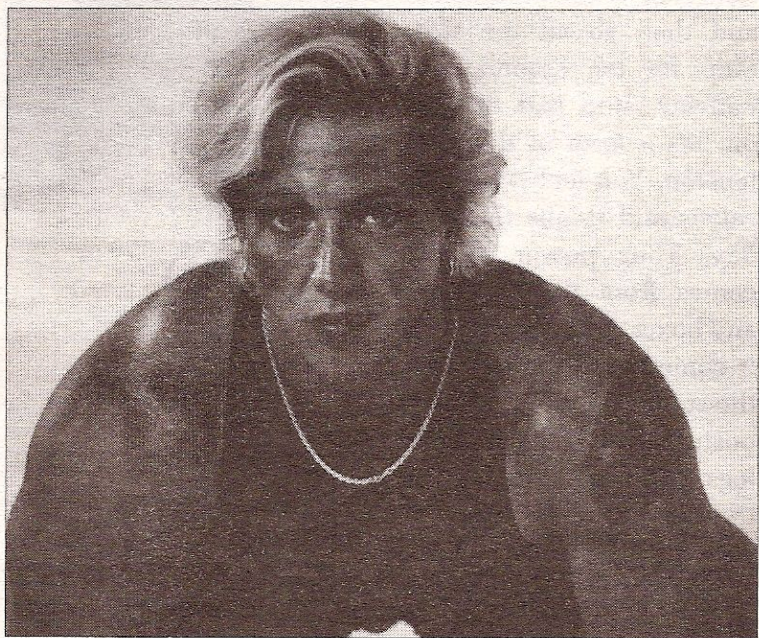


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### SQUATS

Squats have to be done – it's an essential part of the workout! When I'm lucky enough to mix with my fellow cons, I often squat with one of them on my back as it's good for balance and strengthens up the back as well as the legs. But that's rare as I'm mostly always alone. Start with some pillows from your bed or a chair or a bench. Hold them behind your neck and down you go, gradually building up to bigger items, until you eventually just need to treble your workout reps, but more of that later on. First, just do your ten.

When you do ten with a chair, go for 30 – if not more – without a chair. Hell, why not 50 or even 100? Time is no problem when you're bored or you've got nothing to do! And if you say, 'Err ... I'm watching the TV,' I'll say, 'So what? Do them as you watch it!' There is no excuse for anybody in the

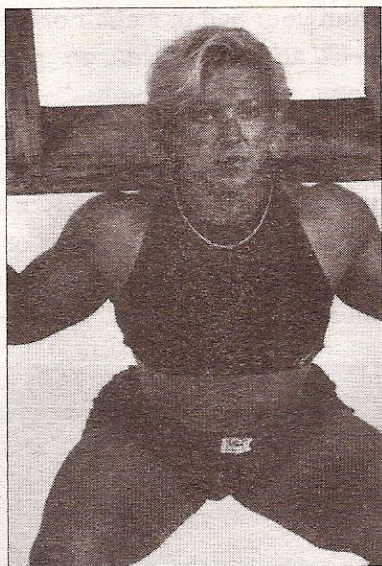




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Bronson workout. Any excuse and I will have the answer! So don't play games with me and I'll not play with you. After all, it's your body and your life – if you want to cop out, then do so, but don't waste my time!

Feet apart, go as far down as you can – after time, bring your arse down inches from the floor! Do it in slow motion: back straight, head straight, the slower the better. Keep control (a slow exercise is always the best). The squat will keep your legs strong, so do as many as you feel good at – you can also do them in stages! Go down and stop halfway, hold it there for ten seconds and then go all the way. Stop for ten seconds, up halfway, stop and on and on; it's a form of dynamic tension. You feel it in your calves and thighs the next day. Your power mostly comes from the legs, ask any boxer ... the big hitters, it comes from the legs and the stand; it's all to do with posture and balance. Your legs will get you out of trouble but they won't if you don't look after them. Keep the muscle supple but strong.





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Another form of squat is the lunge. It targets each leg as you slowly lunge forwards, remembering to keep your back straight. Eventually, as you become more familiar with this type of exercise you can hold books, etc.

## SQUAT-THRUSTS





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Assume the press-up position, as already described. Keeping your back as flat as possible, bring your feet towards your hands, as above, in a jumping motion so you end up looking like a frog ready to jump. Push your legs backwards and you're back into the press-up position. Ensure your back remains flat and start again, keeping a rhythm going ... nice and steady, no world records just yet!

### BURPEES

Basically, a burpee is a combination of two other exercises.

- You start with your body in the same position as a squat-thrust (see the previous entry) in the press-up position.
- As before, keeping your back as flat as possible, bring your feet towards your hands in a jumping motion. Try to keep your knees between your elbows.
- From here, keeping your back straight, jump up to the standing position and on your return to the ground resume the position you took off from.
- Finally, return to the starting position with the reverse motion of the one that took your knees to your elbows.

This is another good heart-pumper, a great exercise for stamina and strength. You need to do these sorts of exercises simply as it's all-round fitness; it pushes you, you'll be puffing and panting and sweating, but it's all for your own benefit, so don't cheat: do it and enjoy it. You'll get faster as time goes on until you have it perfected. The average man in the street can do five without speeding up, so, when you get up to 50, be proud of yourself!



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### STAR JUMPS



Start in the leapfrog position and burst upwards into the shape of a star. It looks easy, but do ten of these and you'll feel it! A good heart-pumper, it's also good for the calves and strengthens the ankles. The star jump is a good all-

round exercise. If you're lucky enough to be able to do it on the grass or a nice sandy beach, then I envy you; it's not a lot of fun doing it on concrete. I do it all the time – it's a major part of my fitness. Sometimes you have to do certain exercises you may not particularly enjoy, but if you're doing it on sand or grass you're very lucky; I'd love that! Would you believe, it's years and years since I walked on grass? The only time I see grass is through a security van window when I'm moved from one max-secure unit to another.

### STEP-UPS

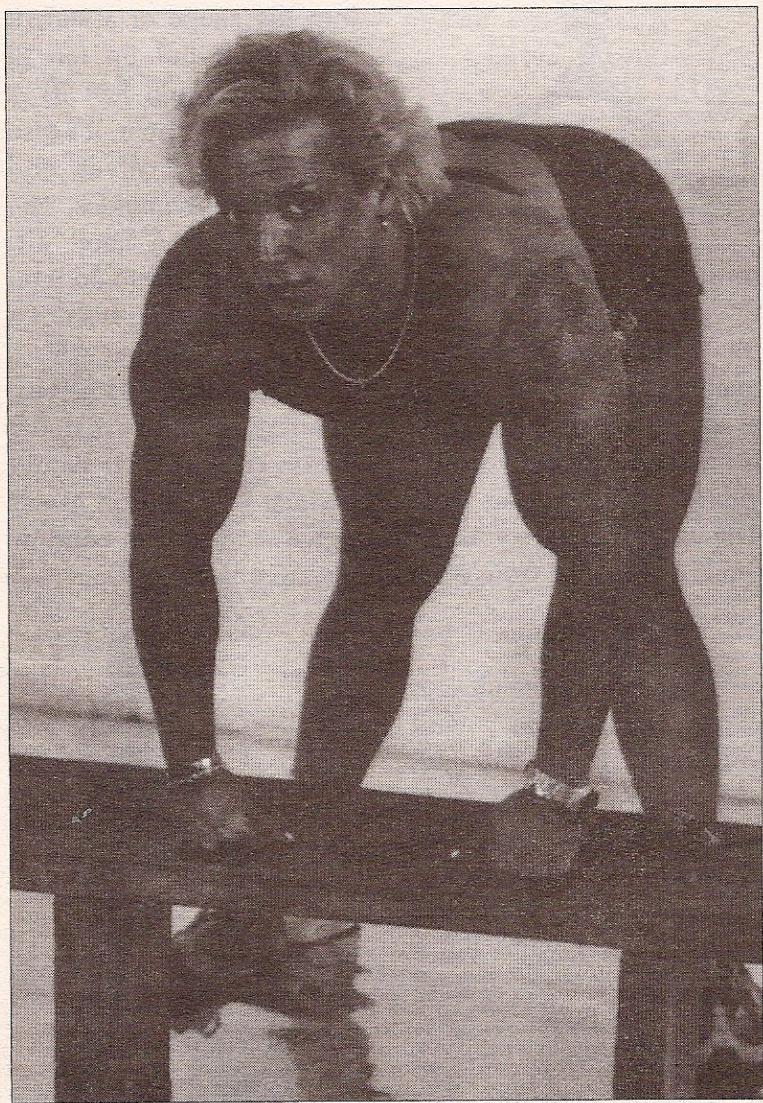
Use a chair or a bench – or even a garden wall (anything strong enough), and away you go! This keeps your legs strong. Do so many step-ups on one leg and then change so you're even. There's not a lot to it, it's easy! It's all rhythm and balance – you get faster as you go on – till it becomes natural like





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walking. Once the exercises are done, spend ten minutes cooling down – power walk, etc. Tomorrow, turn to the next chapter ... sleep well.





# SOLITARY DYNAMICS – UPPER BODY

**N**ow I know a lot of you will have started to read this chapter straight away after finishing the last one and what did I tell you? Now shut the book and leave it until tomorrow! Look, it's for your own good to follow my guidance. If you want to mess about, then go feed the ducks in the park coz I don't want you saying Solitary Fitness didn't work for you; I want you to work for Solitary Fitness. No hard feelings, but if I'm to do the business for you then you need to understand, it's for your own good.

Don't forget: sleep is a big part of your fitness. A good natural sleep to rest the body is essential; it's all part of the process. Without sleep you soon deteriorate. Enjoy your sleep, dream of tomorrow, today is gone, it's history. You'll be proud of your achievement.

I always work out best after a crap! It's no good if you're full of food; you need to be light to get good results. You need to work out at your best time – you may be a morning



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worker, but some find it hard first thing, so choose your time and stick to it.

### ANALLY RETENTIVE

Once you're in a routine it's yours; it becomes religious! You begin to love it! And once your diet is sorted, your bowel movement will be regular so it becomes easy to plan your programme. Some people don't go for a crap for weeks at a time. Take it from me, this is unhealthy. Don't waste your time going to see your doctor if this has been with you for a lifetime, unless you suddenly stop going altogether or start passing blood in your stools. For those of you who are anally retentive, I suggest you pay considerable attention to the Solitary Cleanse chapter.

You don't have to be a world titleholder at anything – just be your own champ! Myself personally, I like to



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attempt the inhuman: I lifted the equivalent of a double-decker bus with my beard in one hour of picking up a 5kg weight attached to my beard. But I almost tore my face off. I had lockjaw for a week after, it tore out half my beard and my neck was like a lump of rock. Pain like never before, but that's me! I don't recommend my feats of strength to nobody: I'm mad, you're sane. It doesn't mix so don't attempt what I do! I've held on to rope with my teeth as men have pulled it (it's why I've lost some teeth). My feats of strength are infamous throughout the penal system and I say best leave such feats to us madmen! This book is about fitness, not madness. Did you know I once squatted with an Iraqi on my back 500 times and I've picked governors up above my head? But that's more madness.

Anyhow, I stress you don't need weights or gyms. If you





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want to get as strong as you can, it's all in the mind. Believe it, have faith in what you do and stop kidding yourself. You're not Arnie; you're you! You'll get faster and fitter than Arnie and you'll live longer too.

Some natural examples of fitness

- 20ft snake – Little mongoose fast, lethal, kills snake.
- Big dragon fly – Little spider traps it, kills it, eats it.
- Big Alsatian – Pit bull terrier rips its throat out.
- Heavyweight boxer – Flyweight knocks him out.

### **BIG MEANS MORE OF YOU TO HIT**

Size; forget it! It's what is in your heart that counts. Stop looking up to muscle freaks. Be yourself: be fit, fast and strong. Remember, the bigger you are, the bigger the area they have to hit – size means nothing. If you lack the drive (and we all have off-days when we feel fed up, tired or sluggish) then pain will drive you! If you're tense, wound up or frustrated then go some place out of the way and scream, let it out!

### **A FUNNY THING HAPPENED IN THE GYM**

Now here's a story and it's got to be told so you can relate to my way. When I was 'out' for a short spell, the Bradley brothers, faces in Luton (underworld slang for the well known of the population), took me to Ultra Gym, a nice place, very popular. I had a workout. I was dressed in my army boots, black jogging bottoms, a loose top, my shades (not for flashiness but for the light – light blurs my eyes) and a black wristband. I wear it not to be flash, but coz I almost lost my hand in an accident.

Anyway, I'm sort of feeling my way about the gym when I clock these two guys studying me. I knew they were



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watching my movements, talking and so I went up to them. 'Got a problem?' I asked.

'No mate, just curious,' was the reply. 'Well, don't be; just keep away coz I don't like curious people!' I said and with that I walked back to my weights with a strong urge to smash them with a dumbbell. I never liked them flash fuckers – hair like tarts, silly skintight shorts showing their lunchbox, pathetic shoes; very puffy-looking.

Half an hour passed by and I watched them very closely. I saw them talking to the bird on the counter that the Bradley brothers had introduced me to.

These two geezers came over towards me. 'Hey, sorry, Charlie, we never knew it was you.'

'No problem,' I said.

'Er, how big is your bicep, Chaz?' one of them asked.

I dropped my weight and grabbed him by the neck. 'You fucking faggot, what's it gotta do with you? You pair of fairies!'

They scarpered.

Now here's why I recount this story ... I've been there, as big as the rest and as strong. I've bench pressed 500 pounds, but I'm gonna tell you now: it's all crap. Fortunately, I never let it make me vain, nor did I flash it about. 'How big are your biceps?' It would then be, 'How big is your dick?' No, the motto is fitness, health and stamina beats all that muscle. At Hull Prison, I was 18 stone of solid muscle. It's just excess bulk and who needs it? I'd sooner bench press 200 pounds and rep it out good style, or go for a jog or do a circuit. Am I making myself clear? That pair of mugs was actors, clowns. 'How big are your biceps?' What sort of man asks that? What sort of man dresses like them? I'll tell you: faggots, dreamers, flash fuckers! Gyms like that, I don't belong in; they're all



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fighting to get the best mirror. You should see them stopping to play with their hair or checking their lunchbox is looking good, all watching each other's bodies!

Don't get into this craze. It's sick! All these mugs are spending hundreds on pills, steroids, etc. At 54 years old, what will they be like? I'll tell you: big, fat, ugly gits! As I've told you, train for fun, enjoy it, do it for you. Don't worry about others, how big or strong they are. It's you, your body, your heart and your lungs; you do it for you. And I'll tell you now, you'll have more fun and a healthier life than them prats!

So here we are at day two and you may be feeling sore, but don't let that get you down too much. Your body is letting you know it has had a good seeing-to. OK, for those fancy pants among you who are already seasoned fitness gurus or maybe you just bought this book to see if it would pump you up like Arnie, the laughs are on you. This book is for the person who seriously wants to change their life, so off with you and leave us to it!

But, before you go any further, go to the chapter called Solitary Way. You might be tempted to flick through the rest of this chapter. OK, push on and have a glimpse at the numerous other exercises in this book coz it won't harm you to become familiar with them and learn how they're done in strict style. Solitary Way is the chapter that will become your fitness bible, though.

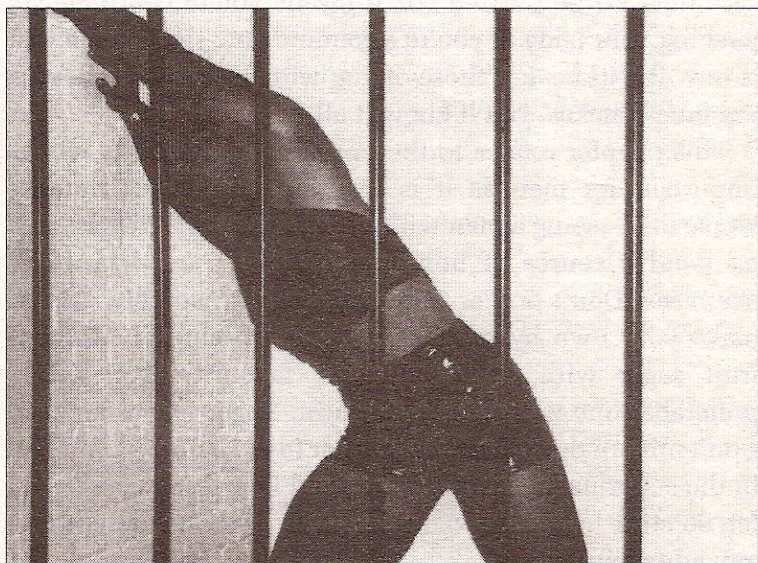
Each of the exercises is listed numerically (e.g. Solitary One) so they should be easy enough to follow when you are given the instructions from the Solitary Way chapter. Follow what's there, don't be tempted to try out your own routines at this stage. As you become more advanced, then you'll know what's good and what's not good for your body. We all have something in common: we're all



## SOLITARY DYNAMICS - UPPER BODY

different! What works for one person may not necessarily work for all of us. What I have done is to lay down the guidelines covering as many different body types as possible. Your body will respond to my guidance, but after a few months the routines need to be changed to continue to shock your body into moving on. The Solitary Way is the only way – make it work for you and you'll have a lifetime of fun and fitness that will get you through the worst calamities in the world.

Remember to spend at least ten minutes stretching and a further ten minutes warming up before you begin. A good starting stretch is to push off a wall, like Storm is doing below. Make sure you don't push the wallpaper off the walls; keep the pressure on for at least ten seconds or even longer and then PUSH! Now change sides, feel the muscles you're using, try and isolate them; give them a squeeze. You know, like when you're sitting on the toilet and you





have to give that final squeeze ... Well, the same applies here. Learn how your body responds to stretching and warming up. Don't put yourself into a corner and religiously give yourself a hard task: that will come later!

Study the Solitary Stretch and Solitary Extras chapter. Learn what your body can do. Don't expect to be able to make your body do the impossible. At this stage the keyword is 'slowly'. You

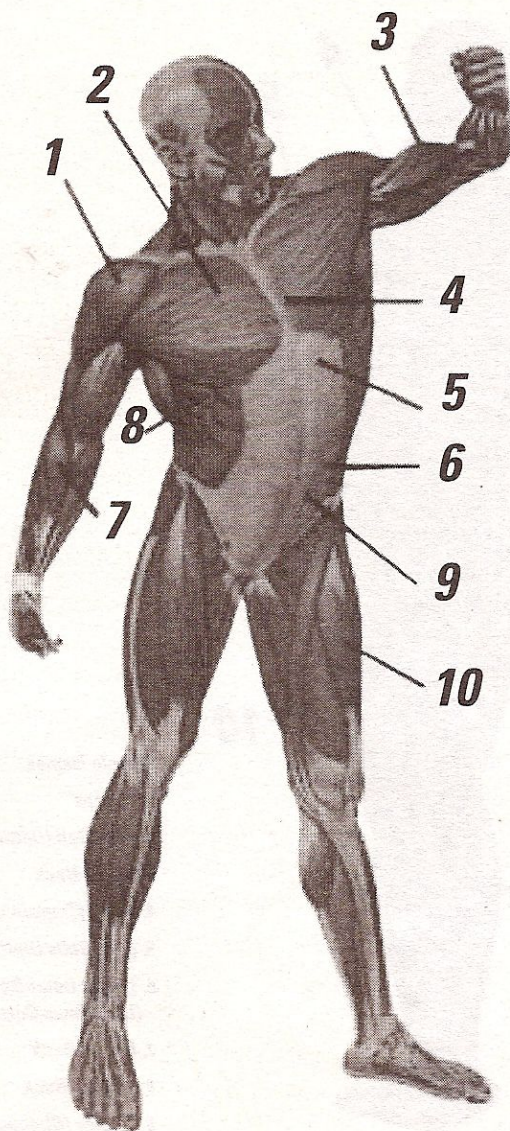
ain't gonna be able to do all I ask of you, and if that is the case then I'll be pleased coz it means you're continuously pushing your body. If you're a genuine new starter then that is how it will be. For those of you with a chequered past in the fitness stakes, you'll know it all!

This chapter relates to the upper body, which is just as important for men as it is for women. There's nothing worse than seeing a man with droopy breasts! Always have on hand a source of non-fizzy liquid to sip during the exercises. Don't bother with those fancy isotonic drinks, make your own by mixing a couple of tablespoonfuls of fruit sugar with a litre of your favourite fruit drink, preferably one with no added sugar. Sugar is bad for you. Don't mix up the normal junk sugar (dead calories) you buy in the supermarket with fruit sugar. Fizzy drinks make you fat, so stick to non-sparkling, natural juices made without any added sugar.





## SOLITARY DYNAMICS - UPPER BODY

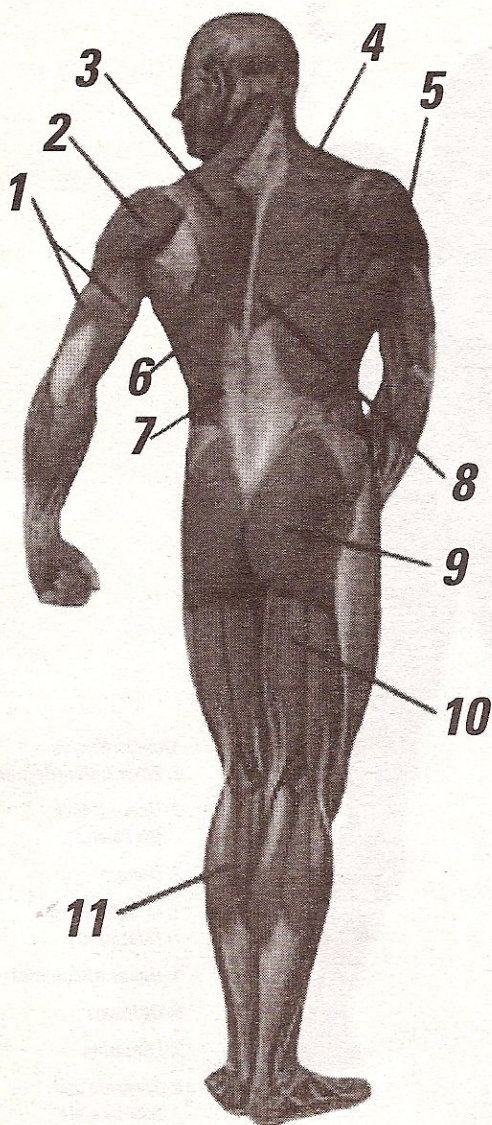


### *Muscle Names*

- 1. Front Delts (Deltoid)**
- 2. Upper Chest (Pectorals)**
- 3. Biceps**
- 4. Middle Chest (Sternum)**
- 5. Upper Abdominal**
- 6. Obliques**
- 7. Forearms**
- 8. Serratus and Intercostals**
- 9. Lower Abdominal**
- 10. Quads (Quadriceps)**



## SOLITARY FITNESS



### *Muscle Names*

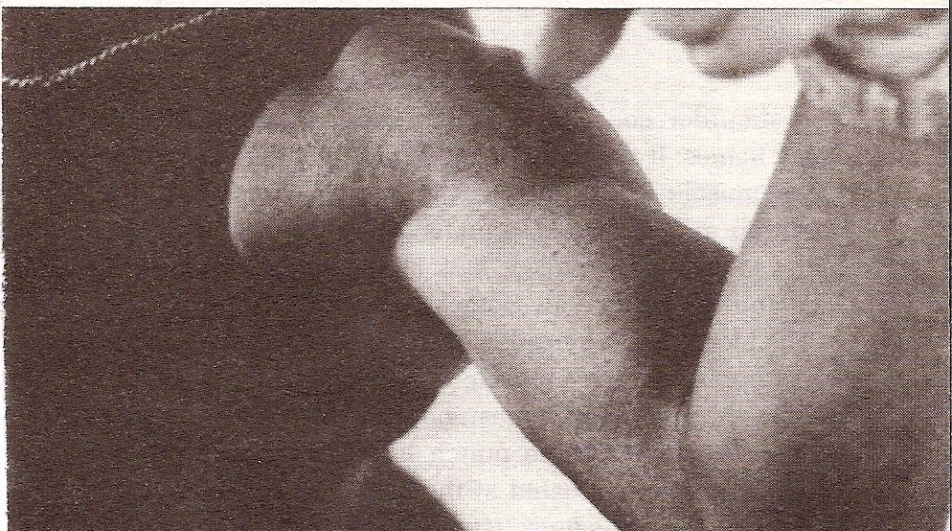
- 1. Triceps**
- 2. Rear Delt (Deltoid)**
- 3. Upper-Back**
- 4. Traps (Trapezium)**
- 5. Side Delts (Deltoid)**
- 6. Lower Outer-Back (Latissimus Dorsi)**
- 7. Lower-Back**
- 8. Middle-Back**
- 9. Glutes (Gluteus)**
- 10. Hamstrings**
- 11. Calves**



## SOLITARY ONE

Here's an exercise to build muscle! No weights needed. Get a towel, vest or whatever (ideally a material that is stretchy, but not nylon as this could burn your hands or create static within your body). If I've no towel or shirt (often I will be in solitary confinement and have nothing, just a bare cell), I still do it with my fingers entwined, pulling hard and then relaxing, it's the same principle.

Wrap the material around both your hands so the slack is about 46cm (18in) long. Hold it out straight in front of you between chest and shoulder level. With elbows slightly bent, pull hard in an outwards direction and hold in that position for a count of ten. Relax and then repeat at the same height level with your shoulder blades at the back. Again, pull hard, hold and count to ten and then relax. Do 30 reps: ten in front, ten above your head in the same way and ten behind your back: make sure you alternate between front and back.





## SOLITARY FITNESS

### Tips

**Don't lock the elbows out, as this will strain your elbows and you could end up with tendonitis (tennis elbow). Use your imagination to vary the exercise, feel the areas it hits, tune in to where it is hitting you.**

**What it does** – This first exercise will rip your chest, shoulders and arms (and I mean rip – pain – but it builds you up!). It will take the blood to the upper torso area, where it is needed.

### BICEPS

**You're gonna sweat buckets with Psycho Dynamics, as it's pure tension being released, so do it naked! I have to, as I don't have the washing facilities. I find nakedness a lot better to do dynamics, as you're free. It's just body against towel. Also, you'll save the washing bills.**

## SOLITARY TWO

The shoulder consists of 17 different muscles, all with fancy names. It ties into the chest and bicep muscles. The bicep muscle is the one that seems to attract the most attention and is usually equated with fitness. Next time ballet is on the TV, take a look at the biceps on both the men and the ladies – awesome!

The bicep has two heads ('bi' meaning two). It's no good for punching, as it's a muscle that flexes, so if a guy has a massive bicep it doesn't mean he'll be able to swing a good punch. What makes the punch have a kick is a muscle called the tricep, situated at the back and the side of the upper arm. It is this muscle which helps land a hard blow,



## SOLITARY DYNAMICS - UPPER BODY



if need be. So don't neglect the tricep: this muscle gives size to your arm, but more on this later. The bicep develops very quickly, so no worries about getting it built up.

As in the photo, hold one upper arm close in to your body so as to support it and using your free hand, grasp the back of the wrist of the other arm. Note the palm upward position of the arm being exercised. Now slowly lift the forearm of the arm with the palm facing up upwards and outwards while maintaining plenty of downward pressure with your free hand and without jerky actions: this is a smooth and deliberate action. Hold for the count of ten and relax. Now repeat with the other arm. Exercise each arm alternatively until you've knocked out a total of 20, ten on each arm.



### TIPS

Play around with the position of the hand of the arm you're exercising. As your strength develops, try gripping a rolled-up sock in your hand and, as you lift that arm upwards, squeeze the sock. Hot or what? As you become more and more proficient, you can do what is called pre-exhausting the muscle. Basically this means that you tire the muscle out before the full routine, thereby hitting it even more during exercise. Pre-exhaustive moves for this group of muscles are varied, but a favourite of mine is gripping a sock in each hand. As I squeeze the socks, I turn the wrist outwards and inwards while the elbow is bent at ninety degrees – sure fills the biceps up with blood and gets 'em ready for a session! After each of the bicep workouts, shake the arm to loosen it up.

**What it does** – It will give the outside of the upper arm the horseshoe shape on the side and help you develop a snap, crackle and pop punch!

### SOLITARY THREE

In this exercise you are now going to force the hanging arm across to the opposite shoulder while applying downward pressure from the other arm. Here, the arm hangs differently to the previous bicep exercise. Again, apply constant and deliberate pressure, no jerky movements allowed!

**What it does** – This helps build the peak of the bicep – it's no good having a massive bicep if it's not going to poke its head out the window! You can have a tiny bicep, but if the head is built to a peak then it sparkles like a diamond. Again, look at ballet dancers – awesome, rocket science!



SOLITARY DYNAMICS - UPPER BODY



***Above, Solitary Three exercise. Note the bicep shape! Work each arm alternatively until you've knocked out a total of 20, ten on each arm.***



## SOLITARY FITNESS

### TIPS

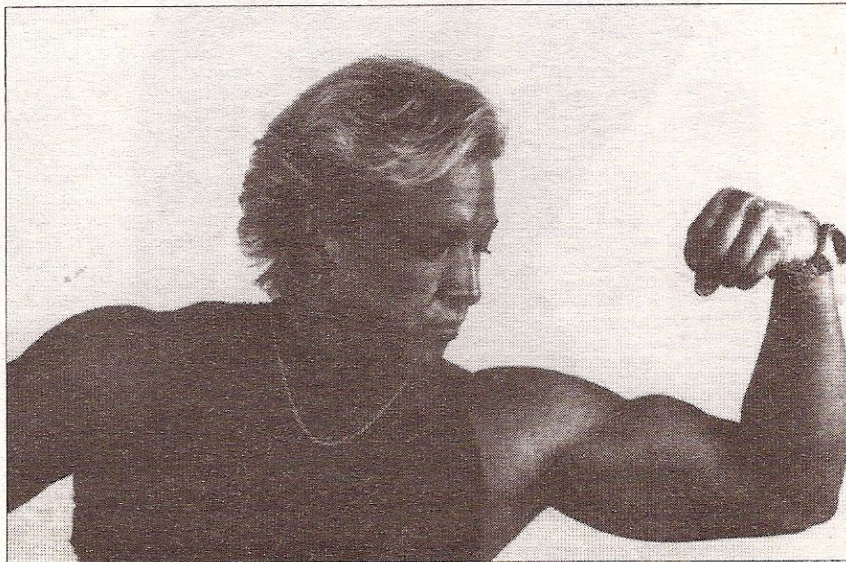
**Learn to isolate the muscle you are working on.**

Although the bicep is easy to train, it is often notoriously difficult to get built up once staleness hits. Vary this exercise to keep the muscle happy – they get bored easily!

### SOLITARY FOUR

Concentration is required for this one: often in the fitness world you will hear of 'concentration curls' – this is a concentration squeeze. Throw away the weights and do this freehand. Note the position of the arm and the concentration applied to the exercise. Get that arm level with the shoulder, lean into it and squeeze the living daylights out of it!

Squeeze the muscle to a slow count of ten and then do





## SOLITARY DYNAMICS – UPPER BODY

the other arm – ten on each arm will get it going in the right direction. Don't forget to keep sipping on that water.

**What it does** – Gives plenty of head to the muscle; excuse the little joke I slipped in there! But in reality that is what it does.

### TIPS

Again, as you become proficient, start to experiment with this one. Try it while gripping a sock, let the fingers straighten out and then bring them back into the shape of a fist to squeeze the bicep even more.

In a little book of this size it is almost impossible to include all the related exercises, so I am giving you the benefit of my wisdom. Don't brush it off as being a waste of your time – you've hardly touched on what's lined up for you in the rest of this book! To reach peak fitness, you have to suffer the indignity of doing these basic exercises so you can be No. 1.

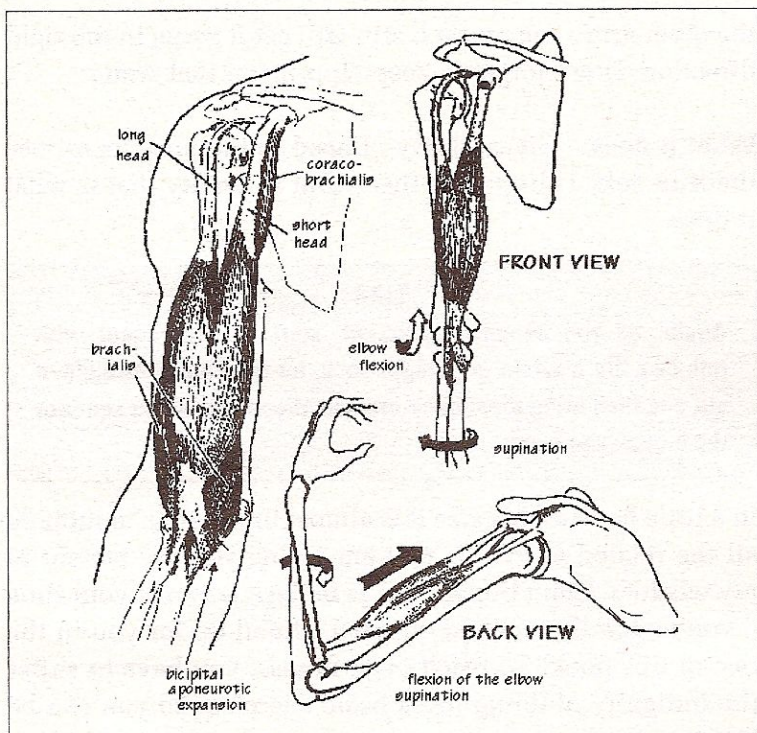
## HOW THE SHOULDER TIES IN WITH THE BICEP

### TIPS

Small muscles, like the biceps and triceps, can be trained frequently as they need less rest than your larger muscles such as the hamstrings or pectorals. These smaller muscles can be trained every 24 hours, but leave at least 48 hours in between training the large muscles otherwise micro tears can develop in the muscles!



## SOLITARY FITNESS



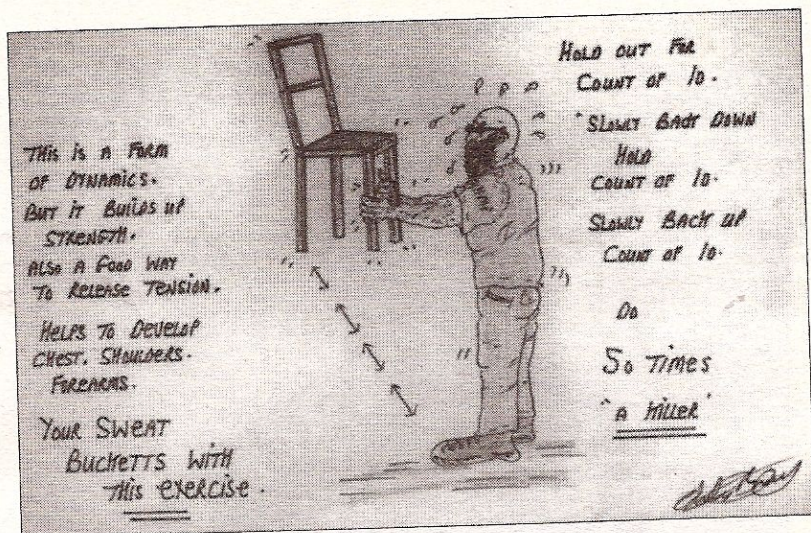
You should now be able to identify where certain muscles of the biceps group are located on the upper part of the arms, which is important when isolating them during exercise.

### SOLITARY FIVE - DELToids

You should now be starting to notice the names of the muscles being used in their correct form. If you don't know what the deltoid muscle is, go look on pages 53 and 54. If you had to go back to those pages, you're slacking – now come on! As in the drawing on the next page, find yourself a suitable piece of furniture first. If you're lucky, you won't have to use compressed cardboard furniture like me – they won't give me anything else in case it gets broken over something.



## SOLITARY DYNAMICS - UPPER BODY



Follow the artwork to do ten of these. Don't let the item touch the ground and if you want, you can grip the item like there's no tomorrow (this increases forearm strength). Squeeze your deltoids to kingdom come, feel the power within you, no matter how small the item!

**What it does** – Gives a powerful look to the shoulder. Don't worry, you won't end up with shoulders like boulders – unless you overdo it, of course.

### TIPS

Start with an item that is manageable and don't use that valuable Grandfather clock or family heirloom! The wider the item, the more difficult it will be to lift, of course, but it's ideal for hitting different areas of the deltoid group. Experiment with the way you hold things and the distance you space your arms apart, isolate the muscles you are using, concentrate.



## SOLITARY FITNESS

### SOLITARY SIX



It's as easy as falling off a log! Forcing the arm forward, but stopping it from doing so with the hand of the arm holding it back, apply deliberate and powerful forward motion with the arm being exercised (the right arm in the photo above). Once the arm is held you can give a squeeze of your hand, pumping the muscles up. Don't forget to hold for the count of ten while holding the power on ... rev and go!



## SOLITARY DYNAMICS - UPPER BODY

Do ten on each arm, alternating from left to right arms. As the old saying goes, 'There's no gain without pain.'

**What it does** - Creates powerful-looking shoulders, frontal heads get hit, too.

### TIPS

**Vary the angle to hit the side and rear heads.**





## SOLITARY FITNESS

### SOLITARY SEVEN

Storm makes it look so easy and eventually you'll be able to exert the same self-control. While holding your elbow, move the arm to be exercised (in this case the right arm) backwards but use your left arm to stop it from going backwards.

Do ten of these on each arm, alternating arms in between reps. Again, deliberately keeping the pressure on in the power part of the move and, yes, you've guessed, hold for a count of ten.

**What it does** – If done correctly, it will hit the rear head of the deltoid.

#### TIPS

Vary the distance (closer/further) from the torso of the arm being exercised.





## SOLITARY DYNAMICS - UPPER BODY

### SOLITARY EIGHT

Utilising anything that comes to hand see if you can devise something similar to the set-up I've made on the previous page. You don't need to go to the trouble of creating a prison cell in your home unless you want to invite me for tea when I'm released! Anyone overweight: if you can't find something sturdy, I don't want you snapping the legs off the kitchen table.

Now give me ten slow ones of these. At first, you might not be able to go any lower than a few inches before feeling like you're falling through a hole in the ground. Hey, shit happens – you should have seen me when I first started. I could barely hold on to the legs coz I was so pumped up with drugs (the liquid cosh) for being a bad boy. You don't get the liquid cosh any more, just the cosh from the MUFTI squad with their riots shields and batons.

**What it does** – Works loads of areas – the pecs, the delts and the triceps. If you don't know where these muscles are then you'd better go and look them up on pages 53 and 54.

#### TIPS

**Don't snap the legs or you're in trouble!**

### SOLITARY NINE – ROTATOR CUFF

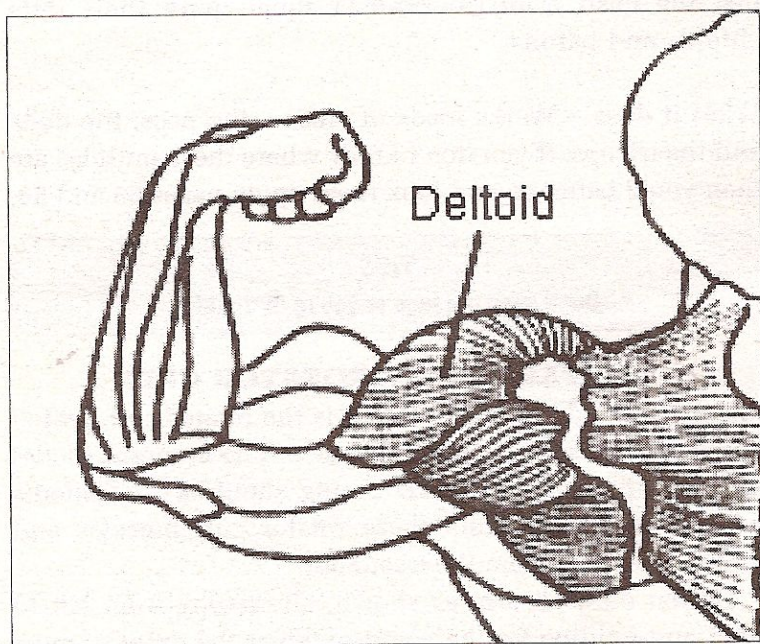
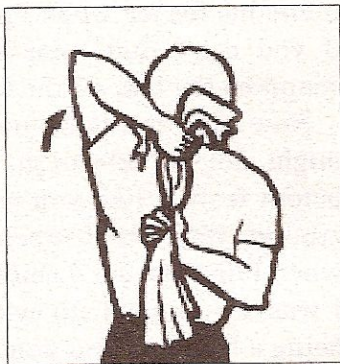
A very important piece of tackle is the rotator cuff, which is located beneath the deltoid muscle. The humerus (bone) would not remain in place during shoulder movements without assistance from these rotator cuff muscles and tendons, so give them the treatment.

Do ten on each arm as shown, alternating from left to right and holding for the count of ten at the point of most



## SOLITARY FITNESS

resistance. After a month, up it to 15 reps and so on. Please have faith in this as it will work! It can't but work if you work at it. After a workout you'll feel so good, proud and a better person. Remember lots of people would love to be able to do it but they can't, as they're sick, so you're lucky to do it. By now you should be starting to identify the muscle groups when doing specific exercises. You have to feel the muscle working, feel it moving as you squeeze it. It's a pointless exercise if, when you are trying to train the deltoid region, you end up tensing your whole body.





## SOLITARY DYNAMICS - UPPER BODY

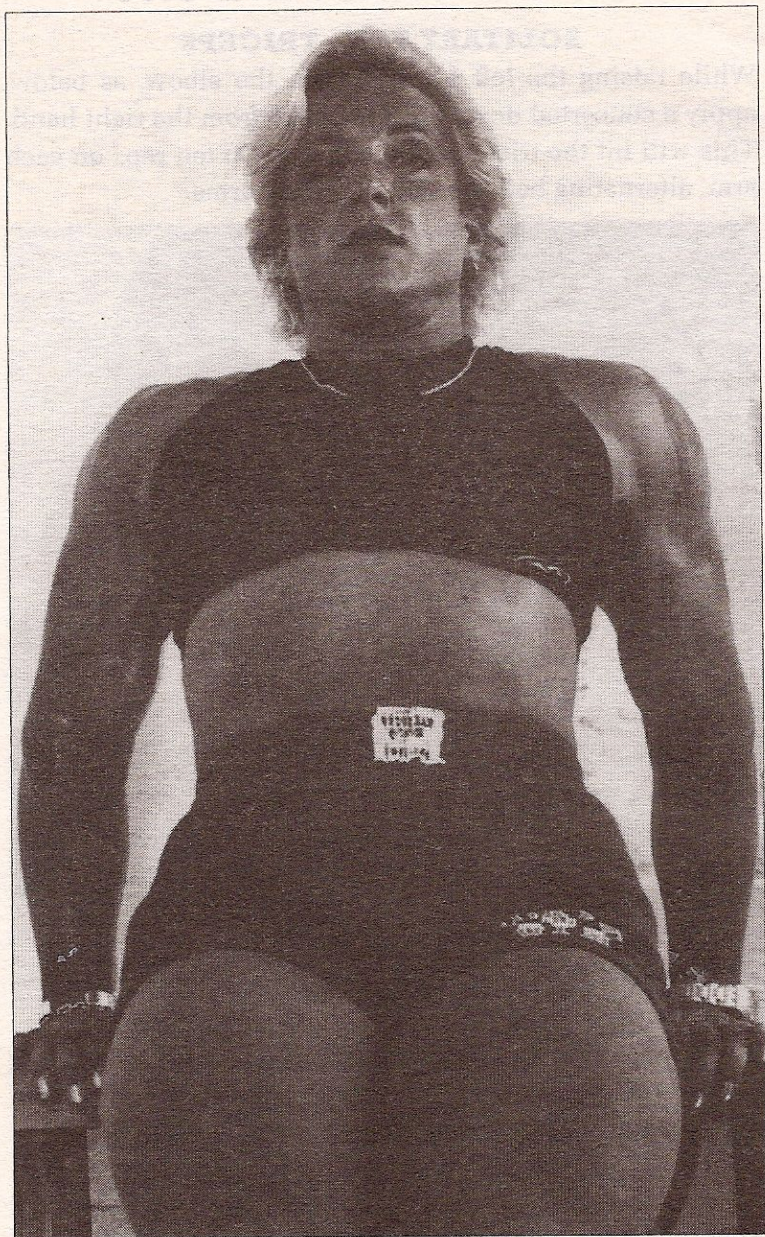
### SOLITARY TEN -TRICEPS

While raising the left forearm from the elbow, as below, apply a concerted downward pressure from the right hand. This will hit the tricep of the left arm. Do ten reps on each arm, alternating between left and right arms.





SOLITARY FITNESS

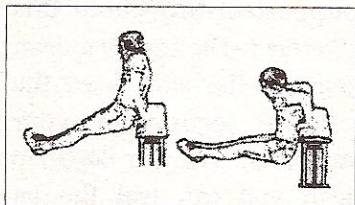




## SOLITARY DYNAMICS - UPPER BODY

### SOLITARY ELEVEN - TRICEPS

Do not mix this up with the Solitary Eight exercise. Note the difference in the hand position and the position of the legs, which are on the ground.



If carried out correctly, a good triceps exercise will build shapely and reliable muscles. It might seem like an ordinary exercise with little value, but when you consider that you're moving half your body weight with just the power of the triceps you can see just how good this exercise is. There are many variations on how to do this, so be comfortable in how far you lower yourself and don't lock out at the top of the movement.

Do ten reps, slowly. When the arms are almost locked out, hold for a slow count of ten and then lower down slowly.

**What it does** - Hits the triceps with a vengeance!

#### TIPS

Lean back a little to put the stress on the triceps otherwise the shoulders and chest can take the strain. You need to hit the triceps, not the shoulders (delts).

### SOLITARY TWELVE - LATS

These large triangular muscles are often overlooked, yet they give the torso the illusion of width. They extend from the sacral, lumbar and lower thoracic vertebrae to the armpits. Learning how to isolate this particular muscle means this is quite a difficult exercise to carry out, but with time you will be able to do so.



Keep the head well supported throughout this exercise. The idea is to lean over to the side from the midriff section of your abdomen. As you begin to lean you can feel the lat muscle starting to be pulled, so keep the stretch on and, with deliberate pressure, try to stretch the lat and hold for the slow count of ten.

Sitting with your back straight, do ten on each side, alternating between sides.

**What it does** – Stretches the lats to give that classic wing shape.



#### TIPS

**Don't fight with your neck muscles during this particular exercise. The hand supporting the head is used to keep it level with your torso as it bends to the side.**

#### MUSCLE GROUPS

**Chest** – Contracting the muscles of the shoulder joint is the main function of the chest. The predominant muscle of the chest region is the pectoralis major. The pectoral group can be separated into three sections: upper, middle and lower. A secondary muscle in the chest is the serratus anterior (this is the piece that runs along the rib cage). The serratus anterior protracts the scapula (shoulder blade); the muscle



## SOLITARY DYNAMICS - UPPER BODY

can be developed with particular effort but, unless it's exposed by shedding excess body fat, it will always be like a hidden gem!

The chest is the centre or source of several movement patterns of the shoulder joint. There are seven primary movements possible at the shoulder joint:

- Abduction
- Adduction
- Extensions
- Flexion
- Medial rotator
- Lateral rotation
- Circumflexion

**Bicep** – This group consists of four muscles: brachii, brachialis, brachioradialis and pronator teres. These muscles are responsible for flexion of the elbow. Turn your wrist around and feel the bicep group of muscles work. Experiment with different wrist positions to help you define the best position to have them in when exercising the bicep.

Now some relevant terminologies explained – 'pronation' describes the movement of internally rotating the ulna and radius from the elbow joint, moving towards palm-down position. 'Supination' is the name given to the movement of externally rotating the bones (the ulna and radius) of the lower arm from the elbow joint, moving the hand towards palm-up position.

Believe it or not, each of the four muscles has a function! The biceps brachii – flexion of the elbow joint, supination of the arm.

The brachialis – flexion of the elbow joint; primary mover in pronated position.



## SOLITARY FITNESS

The brachioradialis – flexion of the elbow joint.

The pronator teres – flexion of the elbow joint, pronation of the arm.

**Deltoid** – This is a three-headed monster of a muscle. The deltoid works in co-ordination with the rotator cuff to move the upper arm in the motions of pushing, pulling and rotating. These movements are able to occur due to the freely moving shoulder joint. Without the deltoid working properly, you would have difficulty in moving the upper arm. It is responsible for abduction, flexion and extension of the upper arm.

I call this a monster muscle because it has three different heads. The heads of the deltoid refer to its multipennate construction. The frontal head slopes over the front side of the shoulder complex, while the lateral head runs down the side of the shoulder complex and the rear head slopes down horizontally on the rear part of the shoulder. Each of the heads does a different job:

- Adduction (frontal head)
- Abduction (lateral head)
- Extensions (frontal head)
- Flexion (frontal head)
- Medial rotation (frontal head)
- Lateral rotation (rear head)

**Rotator cuff** – This is located beneath the deltoid muscle in the shoulder region. The four muscles making up the rotator cuff are the supraspinatus, infraspinatus, teres minor and subscapularis. Among the functions of the rotator cuff are to lend support and provide stability in the shoulder joint. This muscle actually holds the bone in the upper arm (humerus) in place within the glenohumeral



## SOLITARY DYNAMICS – UPPER BODY

joint of the shoulder. The glenohumeral joint sits in a very shallow socket; the humerus would not remain in place during shoulder movements without assistance from these rotator cuff muscles and tendons.

The other function of this muscle is to provide the rotational movements of the shoulder joint. These muscles perform three movements:

- Lateral rotation (infraspinatus, teres minor)
- Medial rotation (subscapularis)
- Abduction (supraspinatus)

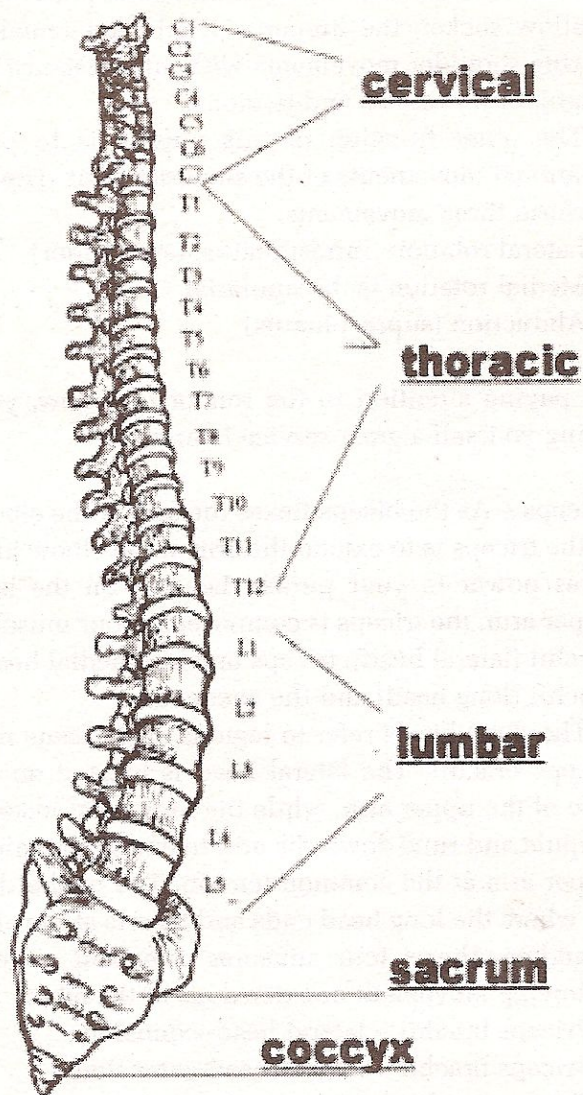
By paying attention to the rotator cuff now, you will be doing yourself a great service later in life.

**Triceps** – As the biceps flexes the arm at the elbow, the job of the triceps is to extend the arm at the elbow joint, which gives power to your punch. Located on the back of the upper arm, the triceps is composed of four muscles: triceps brachii (lateral head), triceps brachii (medial head), triceps brachii (long head) and the anconeus.

The three heads refer to regions of the same muscle, the triceps brachii. The lateral head is located on the lateral side of the upper arm, while the long head inserts into the scapula and runs down the arm to end in the middle of the upper arm at the common tendon. The medial head picks up where the long head ends and inserts at the elbow joint. Together, these four muscles function to create the following movement of extensions at the elbow joint:

- Triceps brachii – lateral head-extension
- Triceps brachii – medial head-extensions
- Triceps brachii – long head-extensions
- Anconeus – extensions







# SOLITARY DYNAMICS – BACK

**T**his is all you've got between you and a wheelchair!  
Frightening, isn't it?

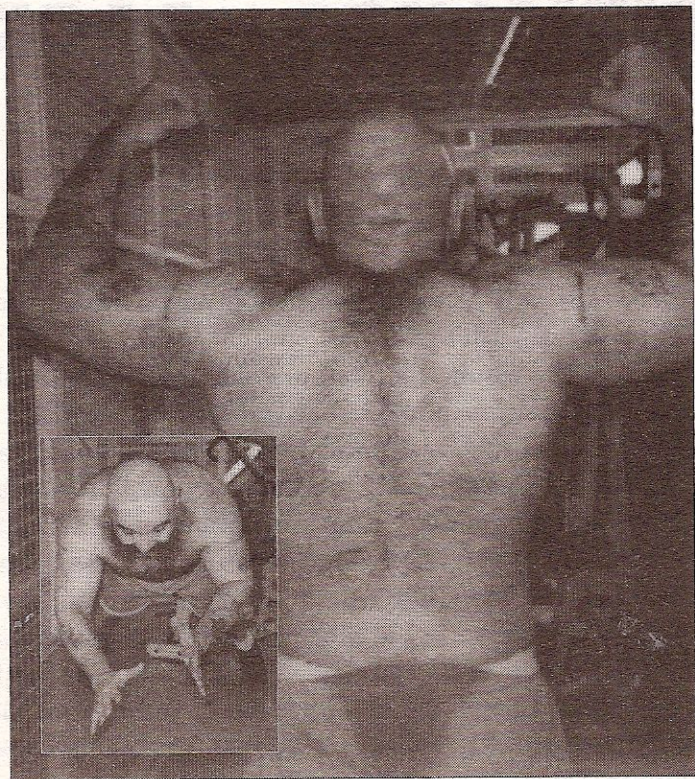
The spinal column is very special and without the muscles being strong enough to support it, then it might as well be made of rubber! Although the discs are lubricated, in old age the shock absorbers can wear down. There is a way to stop this process, but no known way of reversing it, so be warned! When it comes to twisting exercises, there are two rules of thought on the back. Some experts say it is advisable to exercise the muscles, while others believe such twisting exercises can damage the spine. Personally, I'm no expert on the spine, so I have to leave it to your own judgement. All I will say is that you should seek medical opinion as to whether your back is strong enough to go through such exercises.

I have not included such 'twisting' exercises in this book so you needn't worry about doing any of the exercises. The



## SOLITARY FITNESS

spine is used to moving in a linear motion, being pulled and compressed, but twisting is an out-of-the-ordinary movement. OK, you look over your shoulder when looking behind you, but don't supinate your spine by spinning around from the waist upwards or it could go pop. When bending down to pick items up from the floor, always bend at the knees to take the stress off the back.



**You don't get a back like mine overnight. This is down to my press ups and my dynamics. That's a 54 year old back!**



### SOLITARY THIRTEEN

Grasp hold of something overhead, as in the opening photo of this chapter. Make sure it's not something that's going to come away from where's it's fastened and be sure it will support your weight. Slowly allow your legs to loosen at the hip and knee joints. Grip your hands tightly without taking all of your body weight; feel the upper back being stretched. At the height of the stretch, hold for a slow count of ten and then support yourself with the power of your legs. Do ten of these.

**What it does** – Hits the latissimus dorsi, trapeziums and rear deltoids.

#### TIPS

**Experiment by increasing the width of your hands away from each other. The wider they are apart, the more the stretch hits the lower outer back. This is not a pull-up exercise and should not be mixed up with that type of exercise.**

Let me tell you about the 'headstand', an exercise I do to help strengthen the neck and the spine. It's not demonstrated in this book because it's dangerous and I don't want anyone with a weak neck ending up in a wheelchair, so sit back while I tell you this story. Some years ago, I actually did this exercise on the edge of an 18-storey block of flats, but that's me. In times of boredom, I do love to test my nerve. Some will say I'm best safely locked away and they may be right, but my fitness and strength are legendary. I'm just sharing with you some of my workouts and it's only thanks to my editor, Steve Richards, that you're reading this, as it was he who suggested I share it with my readers!

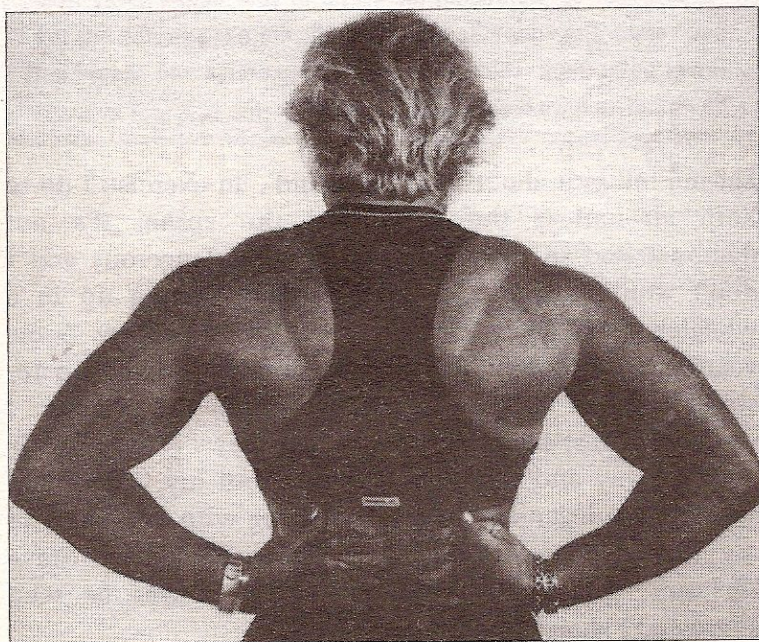


## SOLITARY FITNESS

The headstand is an advanced exercise and for that reason I wouldn't expect anyone with less than a full 12 months of doing Solitary Fitness to attempt it. Even then I would advise extreme caution. Maybe if this book does well then I'll come up with book two – *Solitary Fitness Advanced*. For now, I have to get you into shape; that's my goal. I've already achieved fitness and superhuman strength, but now I want to share some of my secrets with you. When I start to receive letters telling me how I've helped you then that will be sufficient reward for me.

### SOLITARY FOURTEEN

Here, we see Storm showing off her rear deltoids. Put your hands on the small of your back and slowly pull your shoulders back and you should find that this movement





### SOLITARY THIRTEEN

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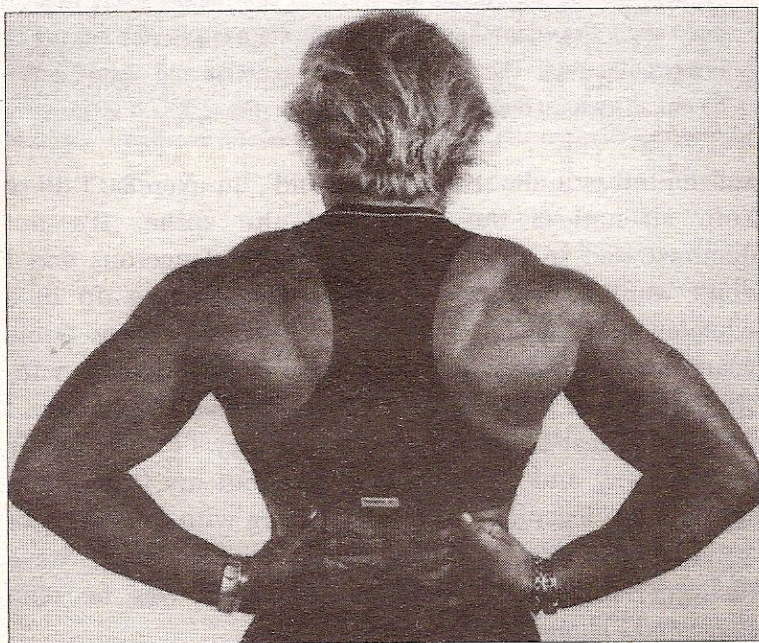


## SOLITARY FITNESS

The headstand is an advanced exercise and for that reason I wouldn't expect anyone with less than a full 12 months of doing Solitary Fitness to attempt it. Even then I would advise extreme caution. Maybe if this book does well then I'll come up with book two – *Solitary Fitness Advanced*. For now, I have to get you into shape; that's my goal. I've already achieved fitness and superhuman strength, but now I want to share some of my secrets with you. When I start to receive letters telling me how I've helped you then that will be sufficient reward for me.

### SOLITARY FOURTEEN

Here, we see Storm showing off her rear deltoids. Put your hands on the small of your back and slowly pull your shoulders back and you should find that this movement





## SOLITARY DYNAMICS - BACK

isolates your rear delts. Feel the delts starting to squeeze together. Imagine you have a giant coconut stuck in the middle of your back and you have to bring your delts together to crack it open.

Of course your intention is to get the squeeze on the coconut that just doesn't want to crack open, no matter how hard you squeeze. But this doesn't mean you have to give yourself a hernia by squeezing your intestines out of your rear end! Once the squeeze is on, hold it for the slow count of ten and relax. Give me ten reps of this.

**What it does?** It shapes the back nicely but, if you don't breathe properly, it can make you blue in the face!

## SOLITARY FIFTEEN

By this stage you should be starting to learn how to isolate your muscles. This exercise is a little tricky, though, when it comes to learning which muscle it hits. If it's incorrectly done, you can end up exercising a lot of different muscles. Look at Storm's lower outer-back to see the latissimus dorsi. If you're still not sure where it is, go back to page 54 to find out.

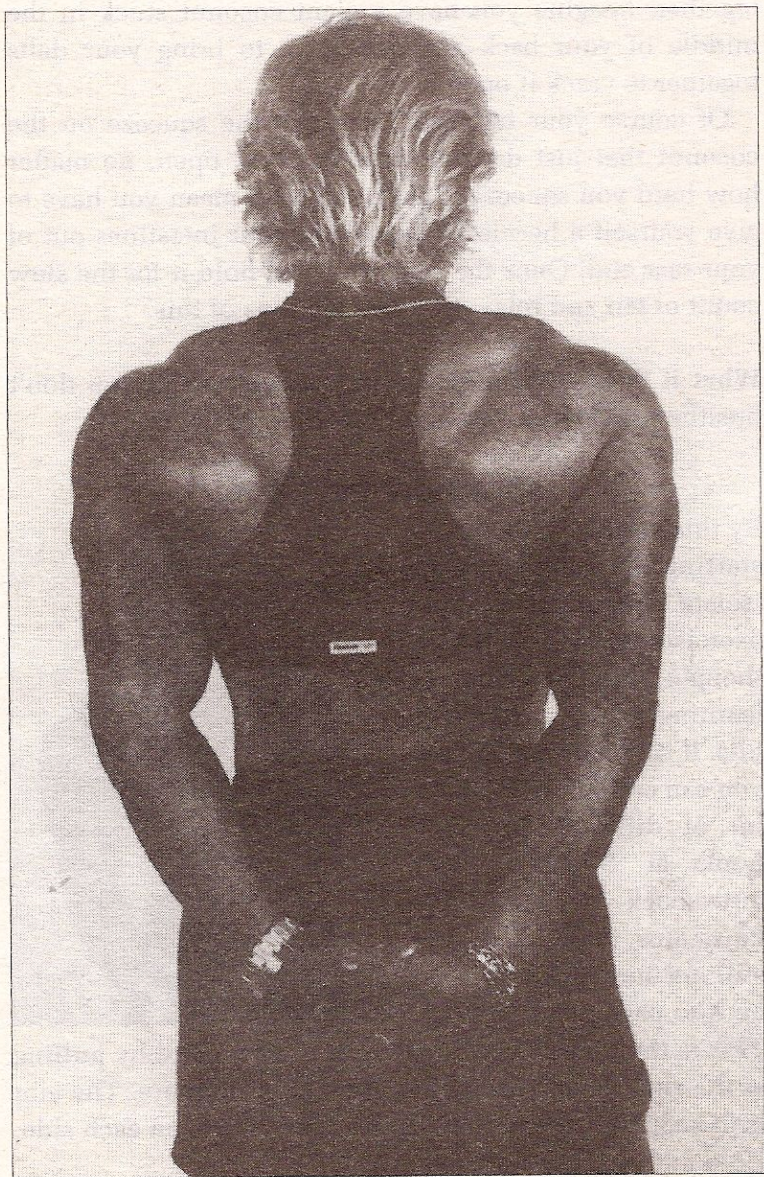


This is the muscle you're going to contract and by pulling at the right hand you will apply steady pressure. The aim is to keep the lat tensed. Give me ten of these on each side. Hold and squeeze for a ten count.



SOLITARY FITNESS

**SOLITARY SIXTEEN**

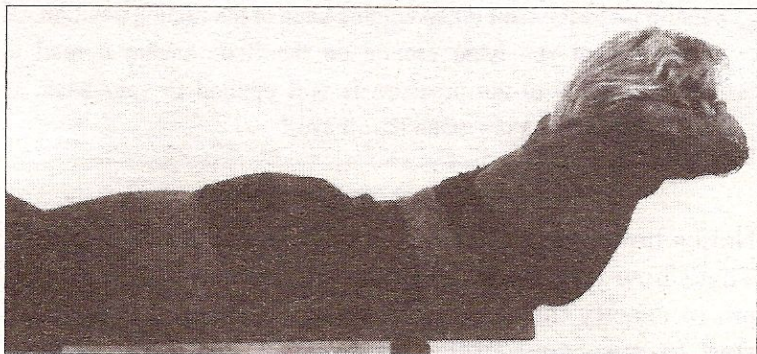




## SOLITARY DYNAMICS - BACK

Turn to page 54 and pinpoint the position between 6 and 7 on the diagram. This is the area you're going to hit. Clasp your hands together, as in the photo opposite. Stand tall to straighten out your back. You might hear a few creaks and pops coming from your back but don't worry: it's quite normal. As you stand tall, start to push your right hand down with your left hand. This is the point where I want you to feel it hit. If you can feel it in your shoulders then slacken off the shoulder area. In time you will be able to isolate the area you mean to hit. Give me ten of these on each side. Hold and squeeze for a slow ten count.

## SOLITARY SEVENTEEN



Hold the position above for a slow count of ten. Maybe you won't have the energy to get this far, but assuming the position and contracting the back will start the blood flowing to those underused areas. Some of you might find the position uncomfortable. If so, put something soft underneath your loin area. During this exercise the arms are held out to the side. Try raising the elbows as high as you can - it helps give you the lift you need. Do ten of these and at the height of the movement hold for a slow count of ten.



## SOLITARY FITNESS

**What it does** – It gives excellent strength to the lower back. It's important to keep this area strong: the back ties into the abdominal area. Strong abs doesn't mean you'll be saved from back problems, though. When discussing these two groups of muscles, we do not separate them because they function together to provide stability for the body. You can exercise them separately, but they function together.

### TIPS

**If you've got a partner who doesn't mind massaging your back, then ask them nicely. Me, I get a towel and use it as if though I was drying my back. Get it glowing red and you will benefit from good blood circulation. Rest your torso on a table or chair to make it easier when coming back to the resting position.**

**I don't want you lying around on the floor having a rest! This way some of the pressure is still applied to your back. You're gonna thank me when it's all over!**

## SOLITARY EIGHTEEN

Notice how Storm's back is straight in the photo opposite. That's how your back should be. Use a mirror to check you are in exactly the same pose as above. From this position start to raise your upper torso while still grasping your thigh with both hands. Imagine you have a giant coconut sitting in the middle of your back and the coconut is pressing down on it – your job is to stop it. Feel the tension within your back and keep the squeeze on for a slow count of ten. Do ten reps, alternating between holding the right and left thighs.

When all those muscles start to develop you're gonna thank me for this. Within a few short weeks of applying yourself to this exercise, you're gonna have amazing back strength and not a weight or gym in sight! Although this

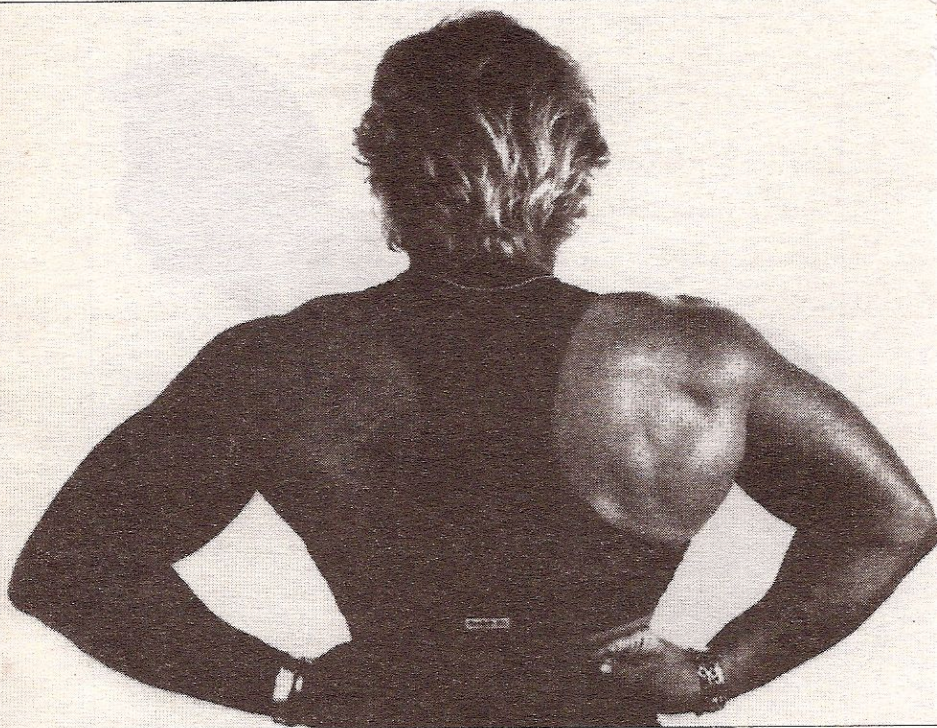




isn't a body part that can be flashed when walking along the high street, at least you'll have the benefit of knowing what's beneath your clothing and this in turn will add a spring to your step.

Hopefully when reproduced in mono the photo above shows the muscle development that all of the previously mentioned exercises relating to the back will give you. Obviously Storm is a professional athlete and to get such development is not yet within your grasp. You may not want such developed muscles, and this is not my aim, but within this book are the ingredients you need to help you attain such definition.





### **UPPER BACK**

The upper back area has seven muscles, which have two functions:

1. To stabilise the scapula (shoulder blade)
2. To move the scapula.

The functions and names of six of the upper-back muscles are listed below. All of these muscles primarily accomplish the retraction, protraction, elevation, depression and rotation of the scapula. The two scapulas are located on the posterior thorax, one to each side, and have no attachment to the axial skeleton. As with the stabilisation function of the rotator cuff, these muscles stabilise and move the



## **SOLITARY DYNAMICS - BACK**

scapula. The function of each muscle is listed below:

- Latissimus dorsi – adduction and abduction of the shoulder joint
- Trapeziums – retraction, elevation, depression and upward rotation of the scapula
- Rhomboid major – retraction of the scapula
- Levator scapulae – elevation of the scapula
- Serratus anterior – protraction of the scapula
- Teres major – adduction, extension and medial rotation of the shoulder joint.

### **LOWER BACK**

The final region of the back to outline is the lower torso. This area consists of the lower back and abdominal area muscles. When discussing these two groups, we do not separate them because together they function to provide stability for the body. You can exercise them separately, but they function together. It is important to spend some good time training the torso region. Outside of aesthetics, the torso is primary to the function of many upper body movements in terms of stability and posture or alignment. These are the muscles of the lower back:

- Psoas major – runs from the lumbar spine through the groin on either side
- Psoas minor – similar action as above but often absent
- Quadratus lumborum – square or rectangular muscle in the back
- Erector spinae – helps keep the spine erect.







# SOLITARY ABS

**T**hese are gonna blow you away, in more ways than one, ha, ha! Your abdominal muscles are very, very important. They're not there for flashing off by showing a six-pack, they're there to help ward off all sorts of diseases. If, in the end, you develop a six-pack then that's just a spin-off benefit. My real aim here is to get your whole system primed and ready to go. You'll be well aware of the normal sit-ups and crunches, that's fine and we don't want to fully forget them, but here I have the answers to many of your problems.

I don't believe there's an exercise where the abdominal muscles are not used. Just standing around uses them, as does turning in bed and the ability to take a good punch in the guts is one of importance. Does anyone remember the Great Houdini? He was an escapologist. One of his party pieces was to allow you to punch him in the guts while he stood there smiling. One day he asked a young geezer to



## SOLITARY FITNESS

punch him. BANG! Before Houdini had a chance to flex his abdominal muscles he was hit. He knew something was wrong but he went on with his act. Eventually, after being taken to hospital, he died of peritonitis. As a result of being punched, his internals had been ruptured. Let that be a lesson: expect the unexpected. There was Houdini in all his greatness and for all of his abdominal strength he still ended up dead.

Now don't get me wrong. I'm not saying you want to end up with powerful abdominal muscles so you can go round to your nearest pub on a Saturday night and ask the hardest of the hard to punch you in the guts! But, for the sake of your own vanity, you have to look after the old paunch and tighten it up. You women out there who've had babies will know what I mean. You've tightened up your pelvic floor muscles by sliding around on your rear end, so why not tighten your belly, too?

## SOLITARY NINETEEN

Get an old cloth, a piece of paper or a worn-out sock. Tie it to a piece of string or strong thread; anything you've got handy. Hang it so it's just above your head. Fill your lungs up with plenty of air, tilt your head back and make that object move. Be careful you don't initially get a blackout or end up seeing black dots, or even fainting from doing this. It's quite normal for those with weak abs and lungs to keel over like a dead fly. Of course, you've had your doctor give you the once-over before you began exercising, so no real problems if you do see the few black dots to start with.

When you blow and you think you've finished blowing, I want you to give me the final effort in emptying your lungs all over this hanging piece of artwork. You're gonna



SOLITARY ABS

*There she blows!*





## SOLITARY FITNESS

wonder where you'll get the air from to do all this. But it's easy, you're gonna contract your abdominal muscles and squeeze out the last drops of air in your lungs. Now this is no doubt going to blow you away in more ways than one. If you feel faint then have a sit down, don't be a hero. I pump out 100 of these without a gap. Once my lungs are full, I give it some more. All I want you to do is give me ten of them. Rest for as long as you need in between blows, but eventually I want ten off the belt.

**What it does** – You will feel all sorts of things going on in your throat, chest, lungs and abdominal muscles, even your back will tingle, but primarily this will give you abdominal strength.

### TIPS

**I want you to remember this feeling in your abs because we're going to be doing quite a bit of blowing in this chapter and others.**

Anyone heard of yoga? 'Course you have, it's what you keep in the fridge! I've developed some exercises I learned from an old yogi many years ago. Don't ask me how I became involved with this guy, but it's amazing who you meet behind bars. Ever since, I've been carrying out these exercises. You might think yoga is for softies. Well, I can tell you the guy who taught me was one of the top in his game. He had some connection to one of them Divine Light Missions, but some money problems sent him to prison when a few million quid was embezzled. It turned out he'd done nothing more than sign the cheques and ended up serving time for the real villains.

**Word of warning:** Yoga is a very specialised way to



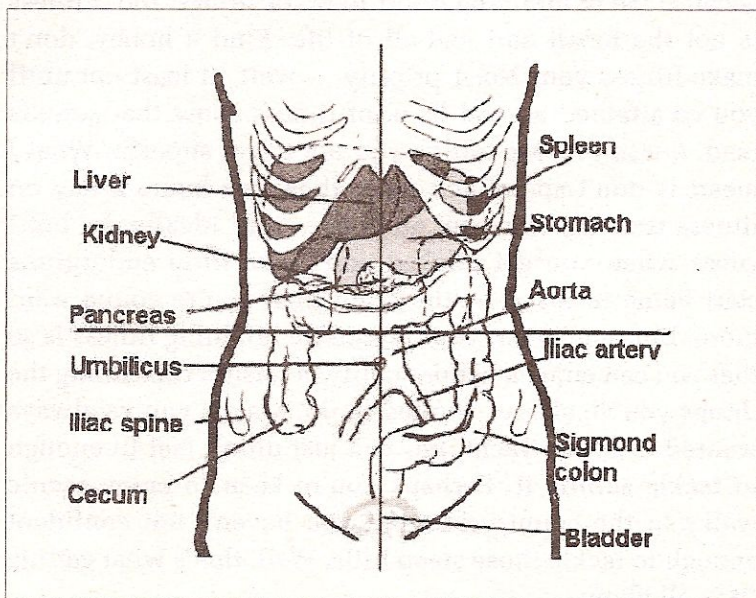
## SOLITARY ABS

maintain your levels of fitness. If you do decide to branch off, then make sure your instructor has at least five years of being a yoga teacher. Anything less than that and you could be asking for trouble.

## AORTAL DEATH

The aorta is the main artery of the body that supplies oxygenated blood to the circulatory system. It passes over the heart from the left ventricle and runs down in front of the backbone. I'm gonna give you a big piece of advice here. Call me a know-it-all, call me mad, but what I am about to tell you is fact and will maybe save your life. Believe me when I say that you can die from being too fit!

How old was Churchill when he died? In his nineties! Did he go in for marathon running? Did you see him down the gym jacking up with steroids every week? Did





## SOLITARY FITNESS

you see him do anything but take things at a steady pace? He slept through the day, puffed on cigars as though they were his life blood and outlived most of his contemporaries, who may well have been a lot fitter than he was. Yet you've got people like Sir Jimmy Saville who's run over 200 marathons and he has had to have open-heart surgery!

If you are too fit then your aorta can become taut. Just falling on your back can rupture the aorta and death is within 30 seconds. Why is it that I read of superfit athletes just dropping down and dying within seconds or men in their forties, who've got themselves into A1 shape, had a full medical and passed with flying colours, who then drop down dead in the best of health? It is my belief that fitness can kill you.

Neither you nor I is going to reach those superfit states because we're applying effort to other things, too. Fitness is not the be-all and end-all of life. Find a hobby, don't make fitness your No. 1 priority ... well, at least not until you've attained a good level of fitness. Now that sounds mad, doesn't it? Me telling you not to get superfit. What I mean is don't spend any more than two hours a day on fitness training. For you, an hour would ideally do, but I guess when you get hooked and those little endorphins start being released by the brain then you're gonna want more! But remember: your reason for attaining fitness is so that you can enjoy a better quality of leisure time doing the things you've always wanted to do. Maybe you've always wanted to own a yacht, but you just didn't feel fit enough to tackle sailing it. Perhaps you're keen to enjoy scenic walks in the countryside, but you haven't felt confident enough to tackle those steep hills. Well, that's what getting fit is all about.



## SOLITARY ABS

### SOLITARY TWENTY

Stand with a slight forward bend of the torso from the waist. Place your palms on your thighs and spread your feet about one metre (three feet) apart. Now tighten the arms, shoulders and neck muscles and lift the ribs.

- Exhale the air from your lungs until every last drop has been pulled out of you. You do this by vigorously contracting the muscles of the abdomen (you've seen how pregnant women get into their breathing routines when going into labour). The chest also gets contracted.
- Press your hands downwards against your thighs as if you were going to pull some air back down into your lungs by raising the ribs, but you're not going to take any air in! Do not allow any air to flow into the lungs ... yet.
- Let the muscles of the abdomen relax to allow your diaphragm to automatically rise up and produce a concave depression of the abdomen. This position has a special yogic name, but since we're not going down Yoga Avenue I don't want to bog you down too much with fancy names.
- Now comes the best part, once all of the breath is out of you I want you to do what you probably last did when you were a kid: push your tummy out fast and immediately pull it in as far as you can, fast. Continue in an out movement until you've just got to take a gasp of air. There are no hard and fast rules on this one coz we all have different capabilities. Count the number of ins and outs and jot it down so that the next time you do it, you'll try to at least equal or beat your record. This is what it's all about, your personal gains!

**What it does** – Wow, it really helps tone up the digestion system! This exercise massages the abdomen, stimulates



## SOLITARY FITNESS

the associated nerves, strengthens the muscles and encourages premium health of the abdominal organs. Blood circulation is improved to the whole trunk area and by virtue of this it strengthens all the internal organs. Ever had constipation? It's great for preventing it! Hey, it's also great for diabetes!

### TIPS

**It's preferable to do this exercise with empty bowels – it's pointless starting and then finding you need to go for a No. 2! Obviously you will not have eaten anything for at least a couple of hours before doing any type of exercise, but this one and most other abdominal exercises are best done early in the day before you start to pump your guts full of food.**

### SOLITARY TWENTY-ONE

Assume the same position as the previous exercise. Do the following ten times, nice and slow and at your own pace.

- Exhale completely by vigorously contracting the abdominal muscles
- As you do this, simultaneously press your hands against your thighs.
- Hold this condition for as long as it's comfortable
- Slowly release the abdominal muscles and while inhaling return to the upright position.

### SOLITARY TWENTY-TWO

For this one you'll need the use of a wall.

- Lie parallel to the ground on your back. Bring your legs on to the wall, keeping them straight, with your trunk inclined at 45 degrees. Try placing a pillow underneath your buttocks if it helps you to get into position to keep your body inclined and properly balanced.



## SOLITARY ABS

- Get comfortable and completely relaxed.
- Start breathing with the use of your abdomen. As you inhale all that lovely clean air, let your abdomen bulge out. As you exhale, let it sink in.
- The inhalations and exhalations are deliberately slow, rhythmical, continuous and deep.

### TIPS

**Synchronise inhalation and exhalation with the abdominal movements so there are no jerky movements and it's nice and slow. Make the exhalation longer than the inhalations. Do this for as long as you feel comfortable – usually about ten at a time is enough.**

## SOLITARY TWENTY-THREE

Assume the same position as the previous exercise. Repeat the following practice for as long as possible.

- Having carried out a few of the breathing movements from the previous exercise, try to isolate the anus.
- Contract the sphincter muscles of the anus for a few seconds without straining. For those who do not know what this is, I would advise you to find out! It's the ring of muscle that gives the final push when you empty your bowels. Imagine it closing the end of a tube leaving your body.
- Relax them for a few seconds.

### TIPS

**Confine the action to the anal area. The contraction movements, as well as the relaxation of the sphincter muscle, should be performed smoothly and rhythmically. Don't strain! You don't need to synchronise your breathing to the contraction and relaxation of the anus muscles.**



## SOLITARY FITNESS

### **SOLITARY TWENTY-FOUR (A)**

Assume the same position as the previous exercise. Repeat for as long as you can. While breathing normally, I want you to rapidly contract and relax the sphincter muscles of the anus.

### **SOLITARY TWENTY-FOUR (B)**

Assume the same position as the previous exercise.

- Inhale slowly and deeply while simultaneously contracting the anal sphincter muscles.
- Hold the breath while holding the contraction of the sphincter muscles, too.
- Exhale while simultaneously releasing the contraction of the anus. Perform as many rounds as is comfortably possible.

#### **TIPS**

**The contraction should be as tight as possible without straining.**

There are many more types of these exercises that you can do, but I have shown you the main ones to get you started. I don't want to take you into the world of being able to make your anus muscles contract in a clockwise and an anti-clockwise direction! That's just taking things too far at this early stage within the confines of a little book like this. All the information within this book is sufficient to take you to a platform where you can either stay at the height of fitness or move on to more advanced things. I cannot be the judge of it, only you know the limits you can endure.

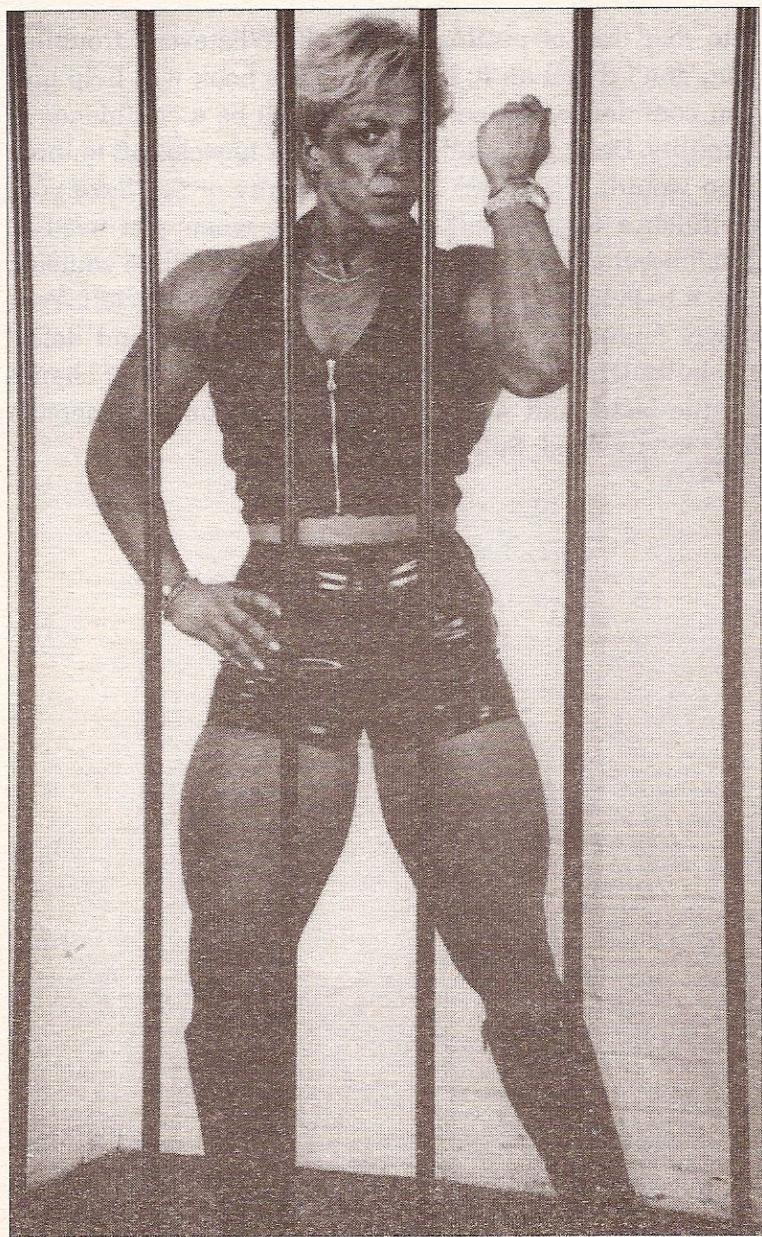
You have to be in the frame of mind to want to win fitness. Depression and everyday life can put the block on it and tomorrow, as we know, never comes. So don't fall



## SOLITARY ABS

into that trap of putting things off. Whatever's troubling you, don't dwell on it; just do it! This book will help give you confidence, but confidence has to be a confidence of humility. Don't go round flashing your muscles off to those who wouldn't care less if you're skinny or fat. Save your confidence for yourself and apply it when you need it. Don't use it to put down others less fortunate than yourself. Use it to help those in need of someone like yourself. Your newly found strength can empower the weak and defeat the bully who preys on them. Your whole life can change for the better and when it does I want you to remember how it happened: Solitary Fitness!







# SOLITARY LEGS

**T**he strongest muscle in your body is your tongue, but the biggest muscles are in your legs. The danger is that you can overdevelop those muscles and once overdone they can be a pain to work with. Of course there's nothing worse than the gym freak that pumps out dozens and dozens of bench presses. They've got this massive chest with little spindly legs, ha, ha! At this stage I don't want to go into too much jargon and talk about muscles as if I was a doctor or professor of anatomy coz I'm not! So long as you know where the main muscles are, that's all that counts at this stage. You don't need to know too much about complicated names that will only add to the headache of trying to do the actual exercise in strict form. Look after your legs and they'll give you years of good service. Neglect them and they'll let you down.

For every action there is an equal and opposite reaction. What you put in, you also take out. Your muscles need



SOLITARY FITNESS



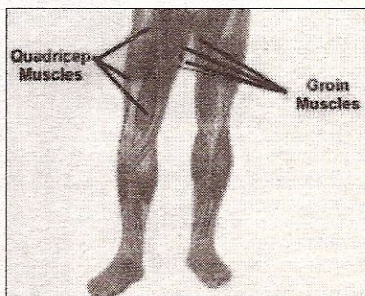
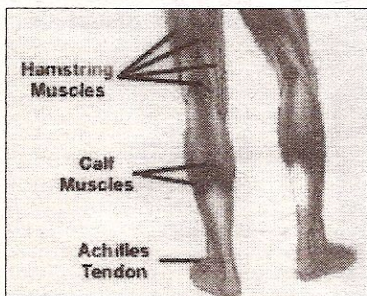


## SOLITARY LEGS

food and oxygen, but a bi-product, known as lactic acid produced within the muscle, has to go someplace. Lactic acid gives your muscle the pain the following morning after you've done some exercises or gardening on the previous day. Ever been on a country walk up steep hills and the following day found that your leg muscles are giving you hell? That's lactic acid at work. I'll give you a tip, bicarbonate of soda helps get rid of this pain. Mix a teaspoonful into a glass of water and knock it back. It takes a little while to work, but it does work.

This little beauty is the calf. When you see a cyclist pedalling along, take a look at their calf muscle. A quality calf muscle is always in the shape of a diamond, and diamonds are a girl's best friend! The leg muscles (hamstrings) tie into the lower back and abdominal muscles (quadriceps) so it's obvious that these muscles are important enough to keep in good shape. There are hundreds of different leg exercises to pick from and for every type of leg exercise there is an expert to guide you, but forget them! The leg exercises in this book are the ones you will use. Maybe in time you can advance to the more flashy ballet moves, but for now stick to them.

Look how ballet dancers move around – such speed, grace and power! They don't go to the gym and squat with 1,000 pounds on their backs, yet they can spring like a





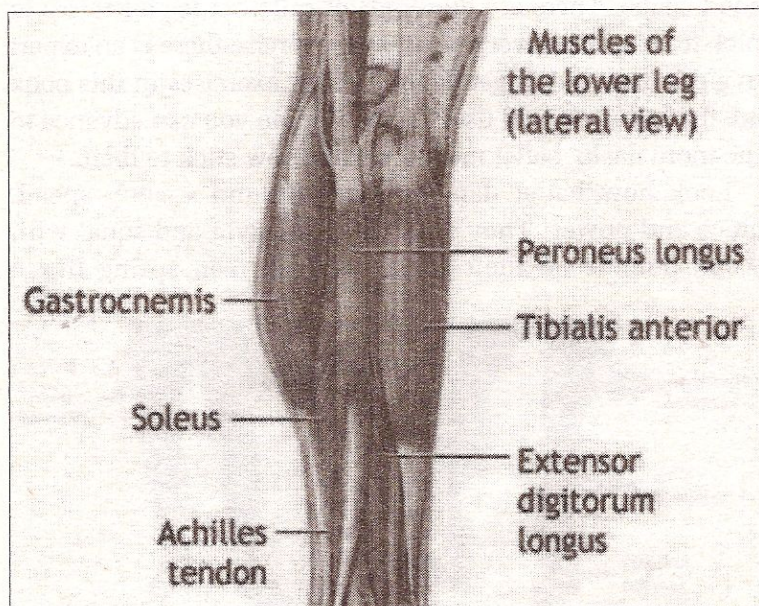
## SOLITARY FITNESS

Reebok deer, power a weight up like a gorilla and move like a cheetah! I'm not saying you should take up ballet, but what I am saying is that you don't need to aspire to lifting massive weights to build muscle and define the shape of your legs. The way to fitness is to understand how your body works. I don't mean you need to become a doctor, but what you have to understand is how the parts of your body react when you hit them with a workout. The library is full of books on anatomy, so study one and learn.

Stretching is a way to add dimension to your muscles. Keep working on the muscles with different ideas based on what I've been able to pass on to you. This book is the toolbox!

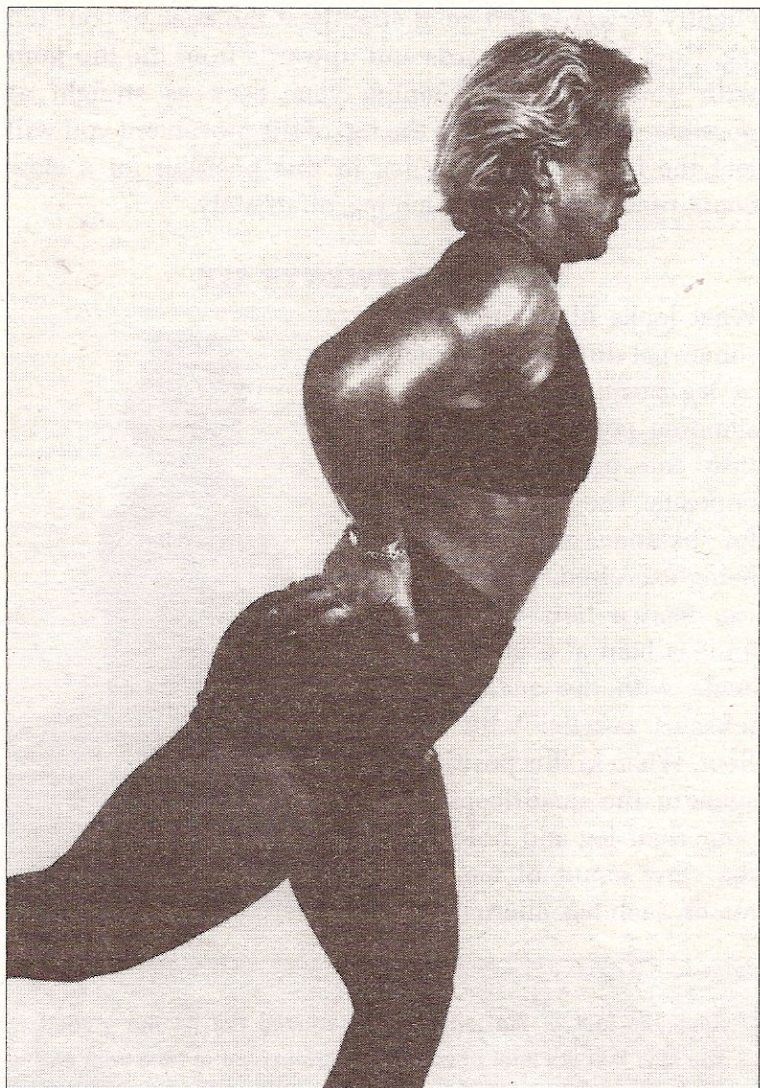
### SOLITARY TWENTY-FIVE

Well, it looks simple enough! Stand in the position shown opposite. Some of you will find standing on one leg





## SOLITARY LEGS



difficult so hold on to a chair if you can't balance properly. Don't worry, the balance part will eventually come naturally to you. Note the position of the hands, lean



## SOLITARY FITNESS

slightly forwards and bend slightly at the knee of your left leg. Now push backwards and upwards from the hip joint with your right leg, keeping your back as straight as possible. When you get to the top of the movement you will feel the burn. Keep your leg in this position for a slow count of ten. Do ten on each leg, alternately.

### SOLITARY TWENTY-SIX

What looks like a lunge is somewhat different in terms of leg positions. From the standing position go down into the position shown opposite. The trailing leg is for balance and the leg being exercised is the right leg. Notice how the knee joint is bent at a 90-degree angle with the quadriceps muscles parallel with the floor. When in this position, squeeze the quadriceps in your right leg and hold for the slow count of ten. Do ten on each leg, alternately.



#### TIP

Keep the foot of the leg being exercised flat on the ground. You may feel the heel lifting off the ground but in time your calf muscles will stretch to allow the sole and heel of your foot to remain in contact with the floor throughout.

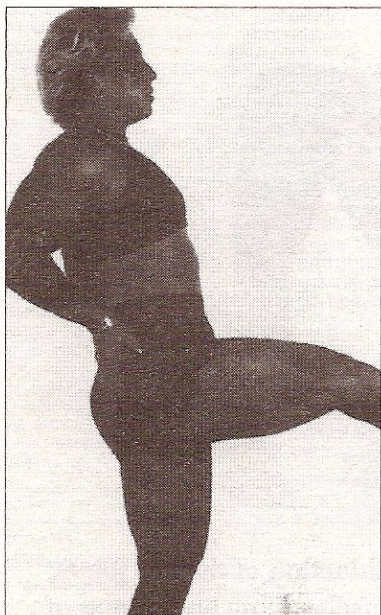


## SOLITARY LEGS

### SOLITARY TWENTY-SEVEN

Assume the position as below. Keeping your back as straight as possible, raise your right leg from the hip. When you get to the top of the movement you will feel the burn. Keep the leg in this position for a slow count of ten. Do ten on each leg, alternately.

### SOLITARY TWENTY-EIGHT



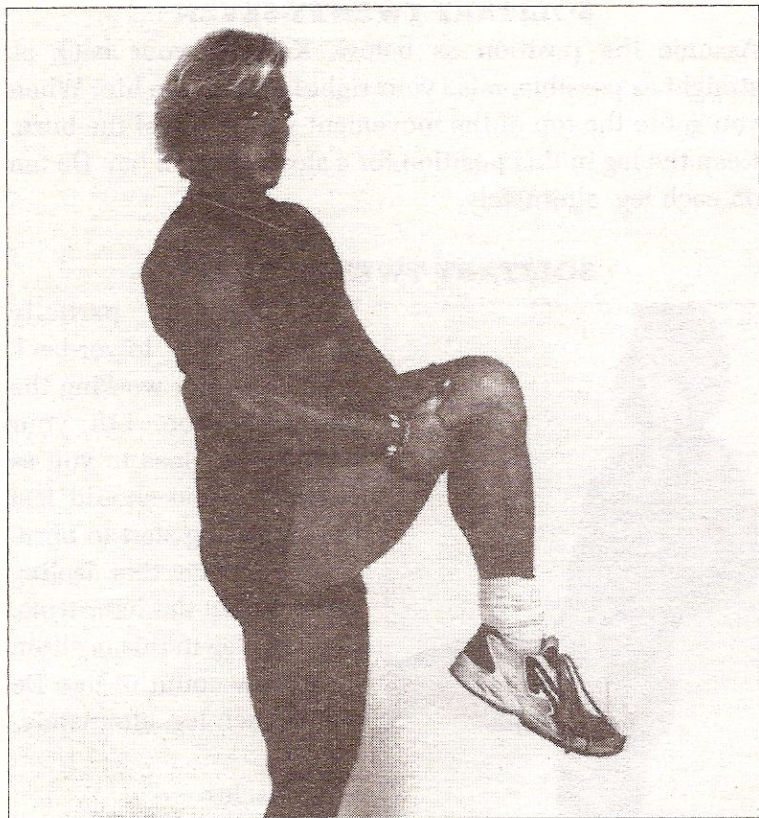
This exercise partially exercises the lower-back muscles while working the hamstring, too. Lift your right leg as close to you as possible – you should feel the hamstring start to burn. Try to isolate this feeling and squeeze the hamstring. Keep the leg in this position for a slow count of ten. Do ten on each leg, alternately.

#### Leg muscles

- Quadriceps – A group of muscles lying on the front of the thigh, their function is to straighten the leg through the extension of the knee joint.
- Hip Flexors Illiopsoas – Two muscles that connect part of the lower spine and hipbone to the top of the thigh. Their function is to lift the leg to the front (flexion of the hip joint).
- Adductors – A group of muscles lying on the inside of the thigh, their function is to move the leg towards



## SOLITARY FITNESS



the mid-line of the body (adduction of the hip joint).

- Hamstrings – A group of muscles lying on the rear of the thigh. Their function is to move the leg towards the mid-line of the body (adduction of the hip joint).
- Gastrocnemius & Soleus – Two muscles lying to the rear of the lower leg, their function is to point the foot downwards (plantarflexion of the ankle joint).
- Tibialis Anterior – A muscle lying mainly on the front of the lower leg, its function is to point the foot upwards (dorsiflexion of the ankle joint).



# SOLITARY NECK

**Y**ou've either been blessed with a swanlike neck or it's gone flabby! Men and women alike spend fortunes on neck-firming potions that promise the impossible. Look, if these creams worked, then plastic surgeons would go bust! There's no instant fix for a saggy neck. However, there is a way to give the neck a makeover that will cost you next to nothing. You're gonna make your own neck-firming potion, but more of this later on!

Through your neck run some very important pieces of pipe work – your spinal cord, arteries and your windpipe. There is also a very small bone located near to the front of the neck; if it gets broken then it can result in instantaneous death. The SAS like to do a straight-fingered jab to this area, and now you know why. I'm not saying that these exercises will prevent an SAS attack from killing you, but they will certainly improve that saggy look.



## SOLITARY FITNESS



### SOLITARY TWENTY-NINE

Get two bowls or two pans or anything that will hold water. Fill one of the vessels with fresh cold water, about 2 litres (3 1/2 pints) and chuck a couple of spoonfuls of salt in with it. Place the vessels next to each other and now suck a mouthful of water up from the full vessel, holding it in your mouth. Move your head over to the empty vessel and spit it out. Don't let the water run out of your mouth, forcibly spit it out.

When you've shifted about a litre (1 3/4 pints) of the stuff, stop. The reason for putting salt in with the water is that it acts as a natural cleansing agent for your gums and is also good for clearing up ulcers in the mouth. This should also get your muscles working. Don't expect to do this in a few mouthfuls: in time you'll become very competent and able to up the amount of water you use.



## SOLITARY NECK

### SOLITARY THIRTY

Two exercises in one: first, assume the position as in the illustration. For those with a stiff back, it might be best if you go as far back as you feel comfortable with. When in the position shown, or near enough to it, rest your chin on your chest and then return to the position shown. Hold for a count of ten.

Do ten of these. Make sure the movement is nice and slow – we don't want any strains, do we? As well as toning up your neck, this also gives your back a nice stretch.



#### TIPS

**When in the position shown, open and close your mouth as wide as possible. In time increase the reps.**

### SOLITARY THIRTY-ONE

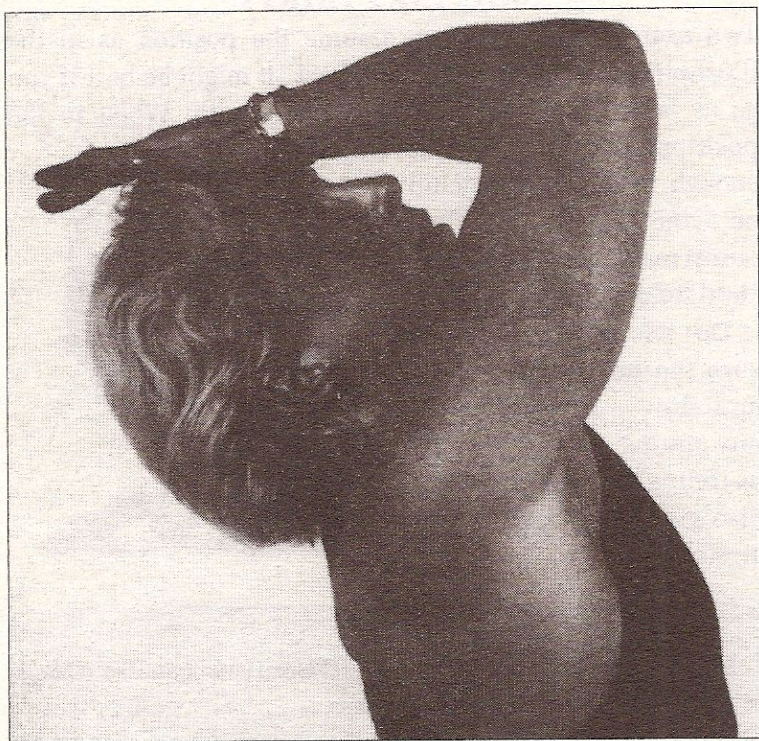
Get a pillow, place it under your chin and tilt your head forward to grip the pillow between your chin and chest. Now gently tug at the pillow with your hands as if to pull it out, but you're going to resist this by gripping it even more tightly by pressing down with your chin. Hold for a slow count of ten. Do ten of these.

### SOLITARY THIRTY-TWO

Holding your hand on your forehead, push against it with your head. When you reach the point of most resistance, hold for a slow count of ten. Do ten of these.



## SOLITARY FITNESS



### TIP

**Keep your back straight; don't hold your breath or you're likely to have a blackout!**

### SOLITARY THIRTY-THREE

Anyone for tennis? Have you a spare tennis ball lying about the place? Anything similar will do: a rolled-up sock, for instance. Get down on all fours, like a dog. Find a space with about 1.8m (6ft) of clear runway in front of you. Now, with your chin, start rolling the ball along the floor. In time, find a larger area. Imagine me in my cage doing this!



## SOLITARY NECK

### TIP

Now you lot are gonna have shag pile carpet on the floors of your mansion; me, I've got cold concrete! Don't do it on the shag pile coz you'll get friction burns on your knees! The aim is to roll the ball, not push it.

## SOLITARY THIRTY-FOUR



Holding your hand on your forehead, push against it with your head. Resist the movement by applying more pressure from your hand.

This is not the same exercise as Solitary Thirty-two. Note the difference in your head position, slightly off-centre and looking slightly to the side. When you reach the point of most resistance, hold for a slow count of ten.

Do ten of these with each hand, alternately changing your head position to face the side of the pushing arm.



## SOLITARY FITNESS

### TIP

**Keep your back straight; don't hold your breath or you're likely to have a blackout! Don't do this exercise with oily hands or you might slip. Avoid clenching your teeth together as this can loosen dental fillings**

Those of you with delicate skin might find it best to use a glove on your hand to ease the pressure.

### SOLITARY THIRTY-FIVE



Holding your hand on the temple area and side of your face, push against it by trying to turn your head to the side. Resist the movement by applying more pressure from your hand. When you reach the point of most resistance, hold for a slow count of ten.

Do ten of these on each side, alternating from one side to the other.

### SOLITARY THIRTY-SIX

Find a suitably solid place to press upwards against with a pillow placed on top of your head. Anything you can use to apply a downward pressure will do. For example, stand on some boxes beneath the frame of a door, while pressing the pillow to the underside of the frame. Only apply slight pressure to keep the pillow in place. Now comes the part where you keep your head still but move your body from



## SOLITARY NECK

the neck down in very small circles! Do ten clockwise and then another ten anti-clockwise.

## SOLITARY THIRTY-SEVEN

Holding your hand on the side of your head, push against it with your head. Resist the movement by applying more pressure from your hand. When you reach the point of most resistance, hold for a slow count of ten. Do ten of these on each side.

I have deliberately omitted certain exercises from this book because I feel they may be too dangerous for the beginner. Maybe if I do a follow-up *Solitary Fitness* book I'll include them, but, in the meantime, crack on!





